

WHERE GOOD TASTE MEETS GOOD HEALTH

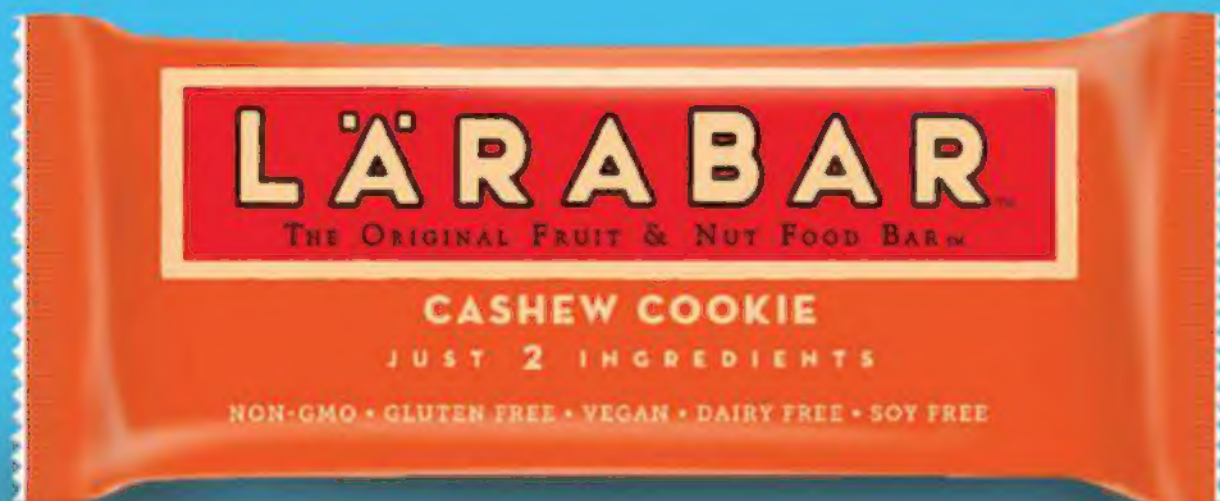
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SEPTEMBER/OCTOBER 2018

FLAVORS OF THE MIDDLE EAST



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SEPTEMBER/OCTOBER 2018

Features

Shopping at the Kadikoy Bazaar in Istanbul for a dinner with friends. Turn to page 64 for a taste of the menu.

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64 To Istanbul, with Love

Writer Anya von Bremzen first fell for this city over 30 years ago. Today she returns as much for the food as for her network of deep friendships.

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The simple philosophy to "make food, not war" guides Kamal Mouzawak as he brings people together and serves delicious food across Lebanon. By Lauren Mowery

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98 Tracing a Soup's Roots

This herb-inflected yogurt soup tells the story of Azerbaijan's ties to the Middle East. By Naomi Duguid



101 Why We Waste

Tossing food—whether it's perfectly good or past its prime—makes us feel terrible. So why do we do it? *EatingWell* examines the psychology of food waste. By Rachael Moeller Gorman

SEPTEMBER/OCTOBER 2018

DEPARTMENTS

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Good Apples

NOSH Back to school means back to getting your kiddos out the door before your morning caffeine has even had a chance to kick in—not to mention juggling homework and extracurricular insanity. Take a deep breath. We're making it all easier on you with nutritious quick-fix meals, including mini ham, cheese & apple galettes and the two little words every family member loves to hear: taco night!

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Gut Check

FRESH The next big thing in G.I. health? Prebiotics. (Yes, that's *pre*, not *pro*.) Turn to page 52 to learn how they can give your microbiome a boost, and which foods to eat to get a good dose of them. Plus, the big brouhaha over the proposed added-sugar labeling. (Should natural products like honey and maple syrup really have to call it out?) And the truth about coffee and your health.

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Pasta Heaven

MORSELS A good gluten-free pasta can be hard to find. We sampled our way through 31 varieties to come up with the 5 winners on page 114—all equally good with sauce or straight up with some EVOO. (You're welcome.) We've also got the scoop on convection microwaves—they can make popcorn *and* roast a chicken—and everything you need to know about using and storing herbs and spices.

120

A Fix for Hunger

FOOD WITH PURPOSE Cincinnati, Ohio, has one of the country's most food-insecure populations. Suzy DeYoung's nonprofit program is helping to change that, one bowl of soup at a time, while simultaneously reducing the amount of food the city wastes each year—a creative solution that's saved 263,000 tons of perfectly good food from winding up in landfills.

A SideOpening oven that's a recipe for ease.

A Bosch Benchmark® Series oven with intuitive side opening access makes baking even sweeter.





United by Food

For many Americans the Middle East evokes unease. The food is different—we've increasingly embraced it. And with this special Middle Eastern-themed issue, we aim to open the door a little wider and give a more nuanced taste of what the region has to offer. But I also want to throw out a grander hope: that in some small way this issue might build understanding.

Each story in this issue brings us different perspectives. Iranian-American author Louisa Shafia talks about why she visited Iran despite her father's objections. She yearned for a connection to her roots and culinary heritage. In Lebanon, we meet Kamal Mouzawak, who was inspired by the way a neighborhood cultural center brought people together after the country's bitter civil war. Part entrepreneur, part visionary and advocate, he has created farmers' markets, restaurants, inns and other enterprises that preserve food traditions, provide jobs for women and strengthen community.

The recipes that follow are a great excuse to invite your neighbors, friends and acquaintances over to share a meal. They are extraordinary. You'll find: crispy phyllo pastries filled with spiced lamb and walnuts from Istanbul.

There's the electric-pink beet, yogurt and garlic dip that's on the cover, which hails from Iran. From Lebanon, we share new ways to love vegetables, including stewed okra with pomegranate molasses and cilantro, and chard stems drizzled with tahini sauce. You're going to want to have plenty of good olive oil and pita bread on hand for this issue!

My dad spent a year at the American University of Beirut in 1969, so I grew up hearing his stories about Lebanon and his travels throughout the region. He and I occasionally talked about visiting, but we never got around to it. I was nervous. It seemed sketchy. But as I read the stories and tasted the food in this issue, I knew I wanted more. I wanted the perspective that only firsthand experience from travel can bring. So I've booked a trip for November. My dad's going, too, for the first time in nearly 50 years.

Jessie

JESSIE PRICE
EDITOR@EATINGWELL.COM



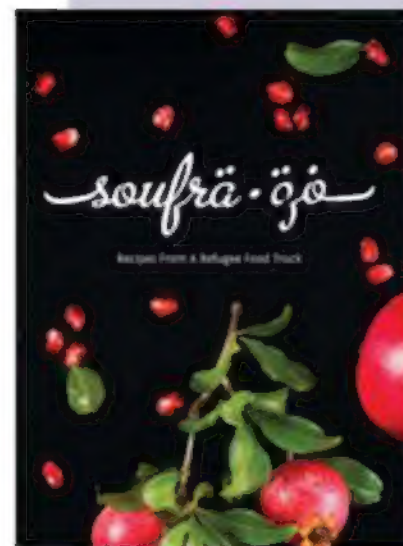
@JESSIEEATSWELL

The Soufra Project

Palestinian Mariam Shaar (*left*) grew up in a refugee camp in Lebanon. She and the food truck she launched in 2017 are the subject of *Soufra*, a movie executive-produced by Susan Sarandon that will be released on October 11.

Like many refugees, one of the challenges Shaar faced was finding a job. So in 2013, after getting funding from a nonprofit, along with guidance from food entrepreneur Kamal Mouzawak (*page 76*), she started a catering company. Eventually she added her food truck, which brings Palestinian food to Beirut's Souk El Tayeb market. Shaar's growing business employs 25 to 30 women from the refugee camp.

To support Shaar's project, go see the movie or purchase the cookbook, *Soufra: Recipes from a Refugee Food Truck*. (Shaar's employees get half the profits from the book.) Find info on both at soufrafilmm.com. (Use the code "eatingwell" to get 30% off the cookbook.)





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1

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Kid-friendly bentos. Vegetarian and vegan ideas. Salads in jars! We've got your better-for-the-fam lunch game plan.

2

SOUP SWAP

Scroll through 400+ soups online (hello, Tomato Soup with Grilled Cheese Croustons). Plus pre-order our new cookbook, *EatingWell Soups*.

3

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A month without meat or dairy is delightful (yaaaas Vegan Pancakes!) with our satisfying meal plan.

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2.2 MILLION

The number of views our **All-American Apple Pies** video has on Facebook. (The recipe is from our sister magazine *Diabetic Living*.) Download the recipe from eatingwell.com this month!



THE BIG INSTAGRAM QUESTION

What's your favorite Middle Eastern restaurant?

Persepolis

UPPER EAST SIDE, NYC
Because sour cherry rice.
—vilmariiee

La Pita

DEARBORN, MI
The grilled meat is perfection. Juicy and tender... Grilled chicken fattoush is so yummy.
—laury_rivera_abouarabi

Layali Miami

MIAMI, FL
Makes you feel like you really are in Lebanon.
—luvlifefull

Rumi's Kitchen

ATLANTA, GA
The lamb shank.
—finleytattedbear

Oleana

CAMBRIDGE, MA
James Beard Award-winning chef Ana Sortun has inventive meals.
—sobeyk8tee

Tanoreen

BROOKLYN, NY
You'll never look at hummus the same again.
—lezengel

Zahav

PHILADELPHIA, PA
—erindishes

Sitti & Neomonde

RALEIGH, NC
Delicious food.
—vggibson

Shawarma City

BUFFALO, NY
Doesn't look like much from the outside, but the food is always on point.
—Inzovu_orca04

The Vine

ST. LOUIS, MO
—m1rr0se

Nicholas

PORTLAND, OR
The za'atar on the homemade pitas! Silky hummus!
—art_stf

Jerusalem

DENVER, CO
Open till 4-5 a.m.!
—ricker0312

Aleppo's Kitchen

ANAHEIM, CA
Also my kitchen, since making Middle Eastern food is my specialty.
—mayazbites

Honey Road

BURLINGTON, VT
Amazing food!
—lizshannon01

Shaya

NEW ORLEANS
LAMB HUMMUS!
—smangerchine



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that we have
your attention...

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LETTERS



I have a huge concern about the health of this beautiful place we call home. Your articles about those working toward solutions on sustainability, reducing food waste, and healthier ways of growing food give me hope that we really can create a healthier planet.

■ **Philomena Valente**
Averill Park, NY

Summer Recipes with a Side of Food Politics

EatingWell is that rare (and getting rarer) breed of food magazine that takes a holistic look at what we eat and how we eat. Two thumbs up!

■ **Paula Zevin, Somerset, NJ**

This [July/August 2018] has been one of my favorite issues of all time. Food is wonderful, but when we know what is best, the best producers and processors, and the history behind the food, it makes it even more enjoyable.

■ **Lois Campbell**

American Food Heroes

Your latest issue arrived in the midst of a self-declared media blackout because I was so sick of what was passing for news lately. Instead, *EatingWell* became my companion as I had my morning break. Your article on the American Food Heroes more than made my day. It gave me hope that there are still real heroes out there doing fantastic, caring work.

■ **Myrna Milani**

I am passionate about sustainable living and eating with integrity. It is humbling and encouraging to know that there are real people leading the way in taking action to impact the Earth in such a significant way; there is hope for our future.

■ **Sarah Ceseña**

Sunscreen Smarts

I'm an avid reader and scuba diver. Your sunscreen article [*Fresh Fix*] was good from a human-health standpoint, but it failed to mention that some sunscreens can damage coral reefs. Hawaii legislators recently passed a bill banning the sale and distribution of sunscreens containing oxybenzone and octinoxate. Other island nations are following suit. The U.S. National Park Service for South Florida, Hawaii, U.S. Virgin Islands and American Samoa recommends using "reef friendly" sunscreens made with titanium oxide or zinc oxide.

■ **Callie Mack, San Diego, CA**

Yes, You Can Can

I was very disappointed when I read your instructions for canning pickles ["Vivian's Pickling Party," p.84] and realized there was no adjustment for altitude. All home-canning recipes need to make it clear that the processing time for pickled vegetables increases as altitude increases. Not to mention this may result in failure of the recipe or spoilage during storage.

■ **Karen Bowen, Bend, OR**

EDITOR'S REPLY:

You make an excellent point. We agree; we should have included a note on altitude adjustments. For anyone with questions, we recommend the canning altitude charts on freshpreserving.com.



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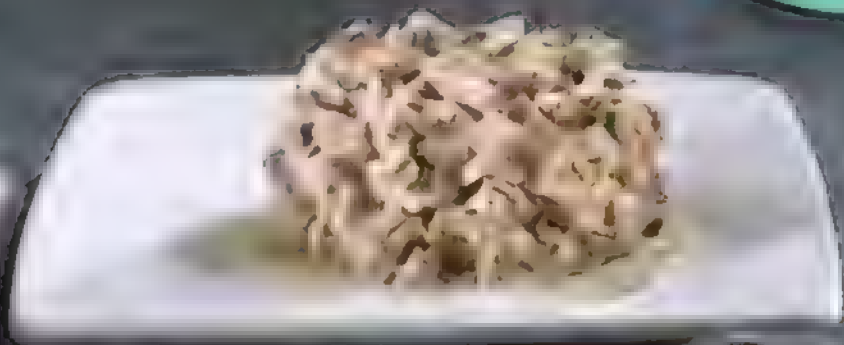


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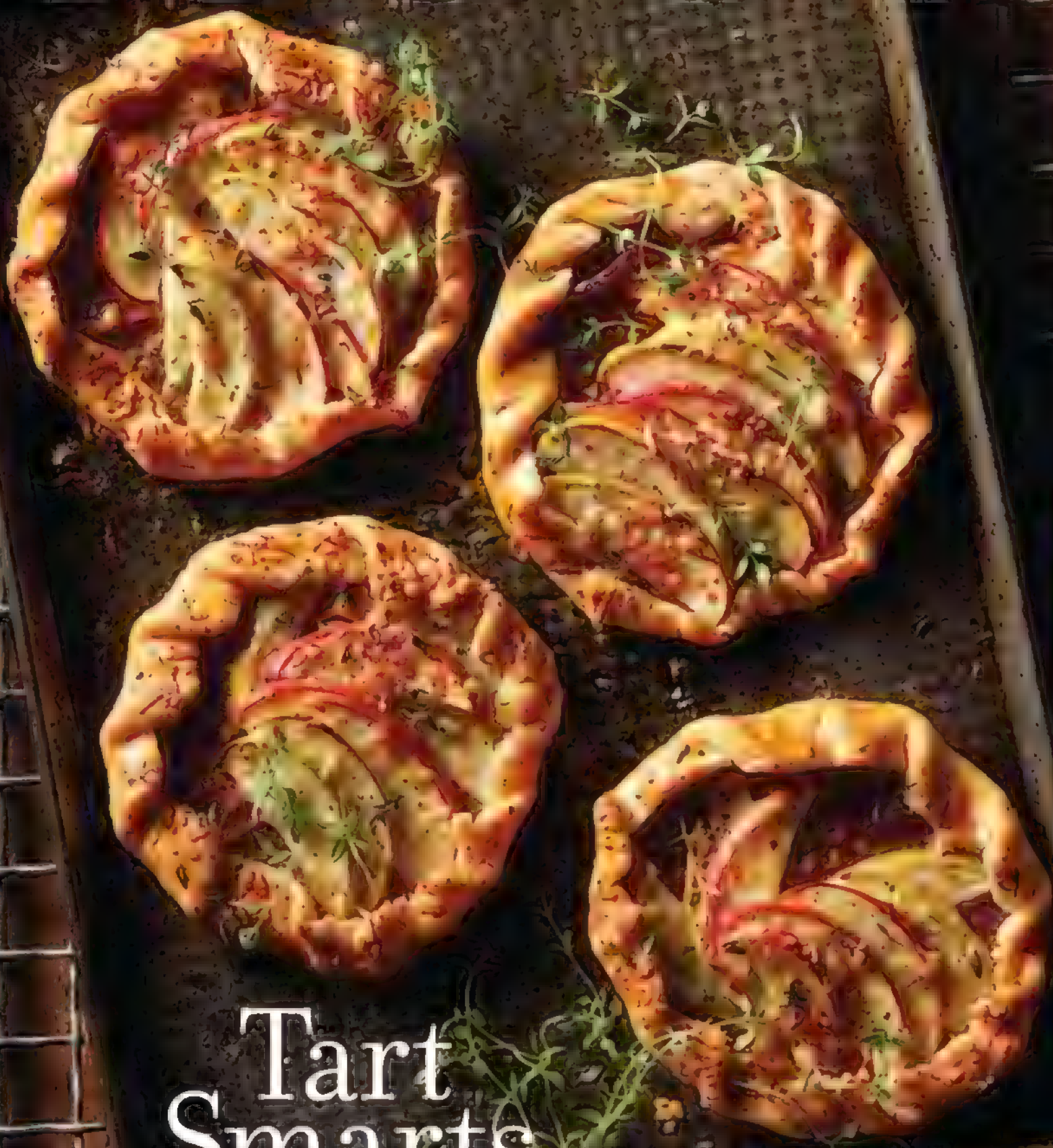
HAPPINESS
IS COVERED
IN RANCH

GRAB SOME
SUNSHINE



EASY HEALTHY RECIPES

n o s h



**BACK
SCHOOL
EDITION**

Tart Smarts

Store-bought pie crust
makes these savory
ham, cheese and apple
mini galettes super-
easy to assemble.

Lesson: Galettes

Introduce your kids to the art of tart-making by baking a batch of savory autumn pastries

SHARE SOME HISTORY

The legend of Johnny Appleseed is based on a man named John Chapman who traveled around the Midwest in the early 19th century, planting apple orchards as he went.

WHY DO APPLES DISCOLOR?

A cut apple can turn brown fast but it's still safe to eat. The color change is due to a chemical reaction called enzymatic browning, triggered when the fruit's flesh is exposed to oxygen.

THE POWER OF PECTIN

Don't be fooled! There's no butter in apple butter. Its spreadable texture comes from a type of sugar molecule called pectin, which helps apples and their juices thicken as they cook.



*The wakey wakey, no time
for eggs and bakey bar.*



ENERGY AT THE
SPEED OF LIFE


**BACK TO
SCHOOL
EDITION**

Ham, Gruyère & Apple Galettes

ACTIVE: 50 min **TOTAL:** 1 hr 20 min

EQUIPMENT: 6-inch round cutter

Serve these free-form tarts with a green salad

2 prepared pie crusts (14- to 16-ounce package), thawed if frozen

Flour for dusting

¼ cup unsweetened apple butter

2 tablespoons whole-grain mustard

2 medium apples, sliced ¼ inch thick

3 slices deli ham (3 ounces total), each cut into 6 pieces

6 tablespoons finely shredded Gruyère cheese

2 teaspoons coarsely chopped fresh thyme, plus more for garnish

¼ teaspoon ground pepper

1 large egg

1 tablespoon water

1. Preheat oven to 400°F. Coat a large baking sheet with cooking spray.

KIDS DO

2. Place one pie crust on a lightly floured surface. Dust with flour and roll into a 12-inch circle. Cut two 6-inch rounds from the crust. Gather the dough scraps into a ball and roll out into a 6-inch round. Repeat with the remaining crust, for a total of 6 rounds.

KIDS DO

3. Combine apple butter and mustard in a small bowl. Spread 1 tablespoon on each crust, leaving a 1-inch border. Arrange apple and ham slices decoratively on top. Sprinkle each with some Gruyère, thyme and pepper. Fold the sides of the dough up over the edge of the filling. Transfer to the prepared pan. Whisk egg and water in a small bowl and brush the edges of the galettes with it.

4. Bake the galettes until the apples are tender and the crusts are a deep golden brown, about 30 minutes. Garnish with more thyme, if desired.

SERVES 6: 1 galette each

CAL 441 / FAT 23G (SAT 10G) / CHOL 31MG / CARBS 51G / TOTAL SUGARS 12G (ADDED 1G) / PROTEIN 9G / FIBER 2G / SODIUM 487MG / POTASSIUM 148MG

STYLING: KELSEY BULAT (FOOD)
SUE MITCHELL (PROPS)

MADE WITH **WHOLE GRAINS
& REAL FRUIT**





Wild Alaskan salmon is a good option according to the Monterey Bay Aquarium's Seafood Watch. To dig into the details, go to seafoodwatch.org or download the app.

BACK TO
SCHOOL
EDITION

Ginger-Molasses Roasted Salmon & Broccoli

ACTIVE: 25 min TOTAL: 25 min

Serve over rice noodles tossed with sesame oil and scallions along with a cold bottle of Brooklyn Brewery's Sorachi Ace saison.

- 1½ tablespoons toasted (dark) sesame oil
- 1½ tablespoons reduced-sodium tamari
- 1½ tablespoons rice vinegar
- 1 tablespoon grated fresh ginger
- ¼ teaspoon salt, divided
- 8 cups large broccoli florets with 2-inch stalks attached (about 1 pound)
- 1 tablespoon molasses
- 1½ pounds wild salmon, cut into 4 portions
- 2 teaspoons toasted sesame seeds

1. Preheat oven to 425°F. Coat a rimmed baking sheet with cooking spray.
2. Whisk oil, tamari, vinegar, ginger and ¼ teaspoon salt in a large bowl. Add broccoli and toss to coat. Transfer to the prepared pan using tongs or a slotted spoon, leaving as much marinade as possible in the bowl. Whisk molasses into the remaining marinade.
3. Roast the broccoli for 5 minutes. Move it to one side of the pan and place salmon on the other side. Season the salmon with the remaining ¼ teaspoon salt and brush with the molasses glaze. Roast until the salmon is just cooked through, 7 to 10 minutes more. Sprinkle with sesame seeds.

SERVES 4: 4 oz. salmon & 1½ cups broccoli each
CAL 323 / **FAT** 13G (SAT 2G) / **CHOL** 66MG / **CARBS** 17G /
TOTAL SUGARS 10G (ADDED 7G) / **PROTEIN** 34G / **FIBER** 2G /
SODIUM 603MG / **POTASSIUM** 1,044MG

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Slow-Cooker Pork Tinga & Turnip Tacos

ACTIVE: 30 min **TOTAL:** 3½–6½ hrs

EQUIPMENT: 6-quart slow cooker

Saucy tinga is most often made with chicken, but we opted for pork shoulder, which becomes meltily tender in the slow cooker. Either way, it features a smoky chipotle-laced tomato sauce.

- 8 ounces Mexican-style chorizo, casings removed**
- 3½ pounds boneless pork shoulder, trimmed and cut into 2-inch pieces**
- 1½ teaspoons salt, divided**
- 3 tablespoons extra-virgin olive oil, divided**
- 1½ pounds turnips, peeled and cut into 1-inch pieces**
- 1 large onion, chopped**
- 4 cloves garlic, chopped**
- 3 canned chipotle peppers in adobo sauce**
- 1 teaspoon dried marjoram**

- 1 teaspoon dried oregano**
- ½ teaspoon dried thyme**
- 1 15-ounce can diced tomatoes**
- 1 tablespoon cider vinegar**
- 24 corn tortillas, warmed**
- 1½ cups crumbled Cotija cheese**
- 2 ripe avocados, diced**
- Fresh cilantro & lime wedges for serving**

- 1.** Cook chorizo in a large skillet over medium heat, stirring occasionally and breaking up large pieces, until no longer pink, about 5 minutes. Transfer to a small bowl and refrigerate.
- 2.** Season pork with ¾ teaspoon salt. Cook the pork in the pan in 2 batches, using 1 tablespoon oil for each, until browned on all sides, about 4 minutes. Transfer to a 6-quart slow cooker. Add turnips to the slow cooker.
- 3.** Add the remaining 1 tablespoon oil and onion to the pan. Cook over medium heat, stirring occasionally, until soft and starting to brown, about 5 minutes. Add garlic, chipotles,

marjoram, oregano and thyme; cook, stirring, for 1 minute. Scrape the mixture into a blender. Add tomatoes and their juice and the remaining ¾ teaspoon salt. Puree until smooth. Pour into the slow cooker.

4. Cover and cook on High for 3 hours or on Low for 6 hours. Stir in vinegar. Shred the pork, if desired.

5. Reheat the reserved chorizo. Serve the pork mixture in tortillas, topped with the chorizo, cheese and avocado. Garnish with cilantro and lime wedges, if desired.

SERVES 12: 2 tacos each

CAL 534 / **FAT** 32G (SAT 10G) / **CHOL** 107MG / **CARBS** 32G / **TOTAL SUGARS** 4G (ADDED 0G) / **PROTEIN** 31G / **FIBER** 7G / **SODIUM** 778MG / **POTASSIUM** 635MG

PRESSURE COOKER VARIATION: Prepare the recipe as directed through Step 3, adding everything to your pressure cooker. Cook on high pressure for 20 minutes. Release the pressure carefully and continue with Step 5.



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Easy Smoked Sausage Skillet

Serving Size: 4-6

Total Time: 20 minutes

Ingredients :

- 1 pkg. Hillshire Farm® smoked sausage, diagonally sliced thin
- 2 cloves garlic, crushed
- ¼ cup olive oil
- 1 large red bell pepper, sliced thin
- 1 small yellow onion, sliced thin
- 1 pkg. frozen broccoli, thawed
- ½ cup chicken broth (or water)
- ½ cup tomato sauce
- 2 cups instant rice
- ½ cup shredded Mozzarella cheese

Instructions :

Heat olive oil and garlic in skillet, stir in smoked sausage slices and cook until browned. Add pepper, onion, broccoli, broth and tomato sauce and simmer for 10 minutes until the vegetables are tender and the liquid is absorbed. In the meantime, prepare rice according to package instructions. Stir rice into the skillet, sprinkle with cheese and serve.

Visit HillshireFarm.com/recipes for delicious recipes perfect for any night of the week.



leeks + lemon juice + lemon zest + capers

pears + cider + ginger + sage

BACK TO
SCHOOL
EDITION



The Secret is in the Sauce

Making chicken with pan sauce is one of the most versatile techniques to master

1 It's time to downsize. Have you noticed that chicken breasts have doubled in size over the years? They weigh in at a hefty 8 ounces each—enough for 2 people. They also take what feels like eons to cook. But cut in half and pounded, they become your quick-cooking secret weapon.

■ Start with two 8-oz. **boneless, skinless chicken breasts**. If the tenders are attached, remove them and reserve for another use. Cut the breasts in half lengthwise to make 4 pieces total. Cover with a large piece of plastic wrap. Pound with the smooth side of a

meat mallet or a heavy saucepan to an even thickness of about $\frac{1}{4}$ inch. Sprinkle the cutlets with $\frac{1}{4}$ tsp. each **salt** and **pepper**. Place $\frac{1}{4}$ cup **white whole-wheat flour** in a shallow dish and dredge the cutlets to coat both sides, shaking off excess. (Discard remaining flour.)

2 Become a batch cook. Get restaurant-worthy browned chicken by cooking the cutlets in two batches. Crowding them all in the pan at once prevents a nice crust from forming.

■ Heat 2 Tbsp. **extra-virgin olive oil** in a large skillet over medium-high heat. Add half the chicken



tomatoes + balsamic vinegar + garlic + fennel seeds

mushrooms + sherry + olives + parsley

and cook, turning once, until it is browned and just cooked through, 2 to 3 minutes per side. Transfer to a large serving plate and tent with foil to keep warm. Repeat with the remaining chicken.

3 Make an awesome sauce.

This is where the magic happens! The key to a good pan sauce is using a liquid to dislodge the yummy browned bits from the bottom of the pan. They enhance the sauce as it reduces, concentrating the flavors.

■ Add 1 Tbsp. oil to the pan along with 2 Tbsp. sliced shallot and

$\frac{1}{2}$ cup sliced or chopped **Fruit or Vegetable**. Cook, stirring occasionally, until just softened, 1 to 2 minutes. Add $\frac{1}{4}$ cup **Liquid**; bring to a boil. Cook, scraping up any browned bits from the bottom of the pan, until reduced by about half, about 45 seconds. Add 1 cup **low-sodium chicken broth**, 2 Tbsp. (total) **Flavor Boost** and $\frac{1}{4}$ tsp. each **salt** and **pepper**; bring to a boil. Cook until the mixture is reduced by half, 4 to 7 minutes. Remove from heat; stir in 1 Tbsp. **butter**. Serve the chicken topped with the sauce.

FRUITS & VEGETABLES

- Apples
- Grapes
- Pears
- Stone fruit (plums, peaches, etc.)
- Bell peppers
- Mushrooms
- Leeks
- Tomatoes

LIQUID

- Fruit or vegetable juice
- Vinegar
- Wine
- Beer

FLAVOR BOOSTS

- Capers, rinsed
- Citrus zest
- Dried fruit, chopped if large
- Fresh herbs, chopped
- Garlic, grated
- Ginger or lemongrass, finely chopped
- Mustard
- Olives, pitted and chopped
- Spices or seeds, such as caraway, coriander or fennel, toasted

Active: 35 min **Total:** 35 min
Serves 4: 3 oz. chicken & 3 Tbsp. sauce each
Nutrition Info: Page 119


BACK TO SCHOOL
 EXTENSION

Pan Bagnat

ACTIVE: 40 min **TOTAL:** 2 hrs 40 min
 (including 2 hrs chilling time)

TO MAKE AHEAD: Refrigerate for up to 1 day.

This Provençal specialty literally means "bathed bread" and gets its name from the juicy dressed vegetables piled liberally into a crusty loaf. It's perfect for toting along to soccer games and concerts in the park. We suggest bringing plenty of napkins.

- ½ cup thinly sliced red onion
- 5 tablespoons red-wine vinegar, divided
- 2 tablespoons boiling water
- 1 12-inch crusty whole-wheat country loaf (about 1 pound)
- 2 tablespoons extra-virgin olive oil
- 1 tablespoon Dijon mustard

- ½ teaspoon ground pepper
- ¼ teaspoon salt
- 2 5-ounce cans oil-packed chunk light tuna, drained
- 1 cup packed baby arugula
- 1 cup thinly sliced English cucumber
- 1 cup thinly sliced radishes
- 1 cup cherry tomatoes, quartered
- ½ cup pitted olives, roughly chopped
- 4 large hard-boiled eggs, thinly sliced
- ¼ cup packed fresh basil

1. Combine onion, 2 tablespoons vinegar and water in a small bowl. Marinate, stirring occasionally, for 10 minutes.
2. Meanwhile, cut loaf in half horizontally. Pull out the soft inner bread from each half, leaving a ½-inch border. (Save the inner bread for

another use, such as making breadcrumbs.)

3. Whisk the remaining 3 tablespoons vinegar, oil, mustard, pepper and salt in a large bowl. Drain the onion (discard the marinade) and add to the dressing along with tuna, arugula, cucumber, radishes, tomatoes and olives. Toss to coat.

4. Stuff the tuna mixture into the bottom half of the loaf. Top with eggs, basil and the top of the loaf. Wrap tightly in plastic wrap. Place in the refrigerator and weight down with a large cast-iron skillet or large pot for 2 hours or overnight. Cut into 8 slices.

SERVES 8: 1 slice each

CAL 266 / **FAT** 12G (SAT 2G) / **CHOL** 108MG / **CARBS** 23G / **TOTAL SUGARS** 5G (ADDED 0G) / **PROTEIN** 13G / **FIBER** 3G / **SODIUM** 600MG / **POTASSIUM** 158MG



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Put a Hold on Hunger

What makes this 1,500-calorie meal plan so satisfying: plenty of protein and fiber, which take a long time to digest—keeping you fuller, longer.

Breakfast • 310 cal
Chocolate-Banana Protein Smoothie
 1 frozen banana, ½ cup each cooked red lentils and nonfat milk, 2 tsp. unsweetened cocoa powder, 1 tsp. maple syrup.

Snack • 160 cal
 1 medium pear, ¼ cup low-fat cottage cheese, 1 Tbsp. pepitas.

Lunch • 402 cal
Butternut Squash Soup with Avocado & Lime
 Heat one 15-oz. can Amy's Light-in-Sodium Butternut Squash Soup with ¾ cup canned chickpeas, 1 Tbsp. lime juice, 1 tsp. curry powder and a pinch of salt. Top with 2 Tbsp. diced avocado and 1 Tbsp. nonfat Greek yogurt.

Snack • 211 cal
 1 Vermont Smoke & Cure Mini Meat Stick, 1 Mini Cheddar Babybel Cheese, 3 dried apricots, 6 unsalted almonds, ½ cup carrots.

Dinner • 402 cal

Spaghetti Squash Peanut "Noodles" with Chicken & Bok Choy

ACTIVE: 30 min **TOTAL:** 30 min
Chinese five-spice powder, a blend of cinnamon, cloves, fennel seed, star anise and Szechuan peppercorns, adds a hint of warmth and the suggestion of sweetness to this dish. It's great on just about anything you grill or roast, so it's worth keeping in your spice cabinet.

- 1 3-pound spaghetti squash, halved lengthwise and seeded
- 2 tablespoons water
- 1 pound boneless, skinless chicken breast, trimmed and patted dry
- ½ teaspoon Chinese five-spice powder
- ¼ teaspoon salt
- 1 pound baby bok choy, quartered
- 4 tablespoons toasted (dark) sesame oil
- 2 tablespoons reduced-sodium tamari
- 2 tablespoons lime juice
- 2 tablespoons smooth natural peanut butter
- 2 teaspoons light brown sugar
- 2 teaspoons grated fresh ginger
- 1 large clove garlic, grated
- 1 scallion, sliced

1. Place squash cut-side down in a microwave-safe dish; add water. Microwave, uncovered, on High until the flesh is tender, 10 to 15 minutes.
2. Meanwhile, position rack in upper third of oven; preheat broiler to high. Line a rimmed baking sheet with foil.
3. Place chicken on the prepared pan and season both sides with five-spice powder and salt. Broil, turning once, until an instant-read thermometer inserted into the thickest part registers 165°F, 5 to 8 minutes per side. Transfer to a clean cutting board.
4. Toss bok choy with 1 tablespoon oil in a large bowl. Transfer to the pan and broil, stirring once, until lightly charred, about 3 minutes total.
5. Whisk the remaining 3 tablespoons oil with tamari, lime juice, peanut butter, brown sugar, ginger and garlic in the bowl. Reserve ¼ cup of the sauce. Scrape the squash from the shells into the remaining sauce and stir gently to combine.
6. Slice the chicken and serve with the squash, bok choy, reserved sauce and scallion.

SERVES 4: 2 cups each

CAL 402 / **FAT** 21G (SAT 4G) / **CHOL** 63MG / **CARBS** 27G / **TOTAL SUGARS** 12G (ADDED 2G) / **PROTEIN** 29G / **FIBER** 6G / **SODIUM** 711MG / **POTASSIUM** 601MG.

BACK
SCHOOL
EDITION

NEW

HELLMANN'S WITH AVOCADO OIL

It's time to take the taste of
Hellmann's Avocado Oil Mayonnaise
and dressing to the next level.



WE'RE ON THE SIDE OF FOOD



BACK TO
SCHOOL
EDITION

Thai Yellow Chicken Curry

ACTIVE: 30 min TOTAL: 30 min

Sizzling the curry paste in oil before making the curry gives it a boost in complexity.

- 2 cups water
- 1 cup basmati or jasmine rice
- 2 tablespoons Thai yellow curry paste
- 2 tablespoons peanut oil
- 1 pound boneless, skinless chicken thighs, cut into 1-inch pieces
- 4 cups green beans, trimmed and halved (about 12 ounces)
- 1 medium yellow onion, cut into 1-inch pieces
- 1 medium red bell pepper, cut into 1-inch pieces
- 1 15-ounce can unsweetened coconut milk
- 1 tablespoon fish sauce
- 1/4 cup chopped fresh cilantro
- 1/4 cup chopped unsalted peanuts
- 1 lime, quartered

1. Bring water to a boil in a large saucepan. Add rice, cover and reduce heat to low. Cook until the water is absorbed, about 20 minutes.

2. Meanwhile, whisk curry paste and oil in a large pot. Cook over medium-high heat, stirring, until it sizzles, 1 to 2 minutes. Add chicken and cook, stirring occasionally, until starting to brown, 3 to 5 minutes.

3. Add green beans, onion, bell pepper, coconut milk and fish sauce. Cover and bring to a boil. Reduce heat to a simmer, and cook, covered, until the chicken is cooked through and the vegetables are tender, 8 to 10 minutes.

4. Serve the curry over the rice, topped with cilantro, peanuts and lime wedges.

SERVES 4: about 2 cups each

CAL 644 / **FAT** 35G (SAT 18G) / **CHOL** 104MG / **CARBS** 54G / **TOTAL SUGARS** 8G (ADDED 0G) / **PROTEIN** 27G / **FIBER** 5G / **SODIUM** 815MG / **POTASSIUM** 619MG.



GET IT

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Rediscover Your Pet's BEST SELF

Magazine team members and their overweight pets participated in a **Purina® Pro Plan® SIMPLY FIT™** food challenge in an effort to get their furry family members back to an ideal body condition. Check out their stories and weight loss journeys.



"Carl definitely didn't look overweight, so it was a surprise to learn that he needed to lose a few pounds. With switching his food to Pro Plan SIMPLY FIT, we've not only seen improvement but have gotten awesome tool support to help along the way!"

—Lindsey R., Paralegal, Corporate

Making the Switch: Carl transitioned to the food pretty easily. There was a slight adjustment in his feeding schedule, having to alternate formulas each week, but he had no trouble taking to it.

Progress Report: There is definitely a noticeable uptick in energy. As he's lost weight, playtime has been more fun. Losing one or two pounds is significant for a cat—he actually has a waist now!

In It Together: We love the SIMPLY FIT Weight Loss System. I feel good knowing that I'm not depriving Carl of food, while helping him maintain a healthy weight as he ages.



"Keeghan was in need of losing weight when we realized he was lacking a defined and visible waist. I decided it'd be fun if we both went on the journey together, so I started a diet at the same time!"

—Michelle L., Account Director, Meredith Food Group

Making the Switch: I anticipated some stomach sensitivity, but he had no problem making the switch to Pro Plan SIMPLY FIT. Normally an all-day picker, he started to eat everything in the bowl once we started on this system.

Progress Report: So far, he's lost three pounds (15 for me)! We work hard to ensure that we get in our daily walks.

It Takes a Village: Being part of the SIMPLY FIT Facebook group provides such great support. There's comfort in seeing other families that face similar issues, and we love all the suggestions.

Purina provided the magazine team members with Pro Plan Simply Fit food during the six-month challenge.

Learn how to assess your pet's condition and get the tools and answers you need to get them started on their weight loss journey at ProPlan.com/SIMPLYFITWeightLoss



WHAT IF / YOUR DOG HAD THE ADVANTAGE OF PROBIOTICS?



At Purina[®] Pro Plan[®], we're always looking for ways to keep advancing, improving and offering your pet our best nutrition yet. Our latest addition? **Live probiotics in select SAVOR[®] dry formulas to support digestive health.** We've studied probiotics for decades and carefully chose one that is known for being robust and stable. This probiotic is able to survive until the food reaches your dog's bowl. In fact, we guarantee it.

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TO SUPPORT DIGESTIVE HEALTH



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PET SUPPLIES PLUS

TRACTOR SUPPLY CO.

Oscar Mayer

BRING DELICIOUS
NATURAL
TASTE TO
ANY MEAL

NOSH SOUP

Green Eggs & Ham Soup

ACTIVE: 45 min **TOTAL:** 45 min

Would you, could you eat this creamy green soup? How about if we told you it contains no cream—or dairy of any kind—just flavorful pureed veggies topped with a perfectly poached egg and ham? Trust us, whether you eat it in a box or with a fox, in a house or with a mouse, both you and your kids will love this storybook-perfect soup.

- 2 tablespoons extra-virgin olive oil, divided**
- 4 ounces thick-cut ham or prosciutto, diced**
- 1 small onion, chopped**
- 2 cloves garlic, minced**
- 4 cups low-sodium chicken broth**
- 4 cups chopped broccoli florets**
- 2 cups chopped cauliflower florets**
- 2 teaspoons fresh thyme leaves**
- 1/8 teaspoon salt**
- 4 cups baby spinach**
- 1/4 cup chopped fresh parsley, plus more for garnish**
- 8 cups water**
- 2 tablespoons distilled white vinegar**
- 4 large eggs**

1. Heat 1 tablespoon oil in a large pot over medium heat. Add ham (or prosciutto) and cook, stirring often, until lightly browned,

about 3 minutes. Transfer to a plate; set aside.

2. Add the remaining 1 tablespoon oil and onion to the pot. Cook, stirring often, until softened, about 3 minutes. Add garlic; cook, stirring, for 1 minute. Add broth, broccoli, cauliflower, thyme and salt. Reduce heat to a simmer, cover and cook until the broccoli is very tender, about 6 minutes. Add spinach and parsley. Remove from heat and let stand, covered, until the spinach is wilted, about 5 minutes. Puree the soup in the pot with an immersion blender or in batches in a regular blender. (Use caution when blending hot liquids.) Cover to keep warm.

3. Meanwhile, bring water and vinegar to a boil in a large saucepan. Reduce to a bare simmer. Gently stir in a circle so the water is swirling around the pan. Break an egg into a small bowl, then submerge the lip of the bowl into the simmering water and gently add the egg. Working quickly, repeat with the remaining eggs. Cook 4 minutes for soft set, 5 minutes for medium set and 8 minutes for hard set.

4. Serve the soup topped with a poached egg, some ham (or prosciutto) and parsley, if desired.

SERVES 4: 1 1/2 cups soup & 1 egg each

CAL 266 / **FAT** 15G (SAT 4G) / **CHOL** 199MG / **CARBS** 14G / **TOTAL SUGARS** 3G (ADDED 0G) / **PROTEIN** 22G / **FIBER** 5G / **SODIUM** 671MG / **POTASSIUM** 818MG



**BACK
SCHOOL
EDITION**

Oscar Mayer

THE NATURAL WAY TO SNACK ON-THE-GO



NO ARTIFICIAL
INGREDIENTS

NO ARTIFICIAL
PRESERVATIVES

NO ADDED NITRATES
OR NITRITES*



DISCOVER A WORLD OF TASTE

*EXCEPT THOSE NATURALLY OCCURRING IN CELERY JUICE AND SEA SALT.

BACK
SCHOOL
COOKBOOK



Pumpkin is loaded with poly-saccharides—a type of soluble fiber that's recently been shown to improve gut health, thanks to its prebiotic powers.

See page 52 for more on prebiotics.

Pumpkin-Oat Mini Muffins

ACTIVE: 15 min TOTAL: 45 min

TO MAKE AHEAD: Freeze for up to 3 months.

EQUIPMENT: 24-cup mini muffin tin

If you'd rather make 12 regular-size muffins, bake for 18 to 20 minutes and let cool for 10 minutes before turning them out of the pan.

- 1½ cups rolled oats
- 1 teaspoon baking powder
- 1 teaspoon pumpkin pie spice
- ¼ teaspoon baking soda
- ¼ teaspoon salt
- 2 large eggs
- 1 cup unseasoned pumpkin puree
- ¾ cup packed dark brown sugar
- 3 tablespoons grapeseed or canola oil
- 1 teaspoon vanilla extract
- ½ cup mini chocolate chips or chopped dried cranberries

1. Preheat oven to 350°F. Coat a 24-cup mini muffin tin with cooking spray.
2. Pulse oats in a blender until finely ground. Add baking powder, pumpkin pie spice, baking soda and salt; pulse once or twice to blend. Add eggs, pumpkin, brown sugar, oil and vanilla; puree until smooth. Stir in chocolate chips (or cranberries). Fill the prepared muffin cups two-thirds full.
3. Bake the muffins until a toothpick inserted in the center comes out clean, 15 to 17 minutes. Cool in the pan on a wire rack for 5 minutes, then turn out to cool completely.

SERVES 24: 1 muffin each

CAL 82 / FAT 3G (SAT 1G) / CHOL 16MG / CARBS 13G /
TOTAL SUGARS 9G (ADDED 8G) / PROTEIN 1G / FIBER 1G /
SODIUM 66MG / POTASSIUM 64MG



SWEET RAISINS

CRUNCHY BRAN FLAKES

PLOT TWIST
WE ADDED BANANA SLICES



BACK
SCHOOL
EDITION



Eating oatmeal is associated with having a better diet overall and being at lower risk for obesity, according to a national dietary survey of 15,000 kids.

Savory Oatmeal with Cheddar, Collards & Eggs

ACTIVE: 25 min TOTAL: 25 min

We're kind of gaga for savory oats—it's a nice change-up from the sweet way oatmeal is typically served. One bite and we're sure you'll agree.

- 2 tablespoons extra-virgin olive oil, divided
- 2 tablespoons diced shallot
- 2 cups rolled oats
- 4 cups water plus ½ cup, divided
- ½ teaspoon salt, divided
- ½ teaspoon ground pepper, divided
- 10 cups chopped collard greens (from 1-2 bunches)
- 2 teaspoons red-wine vinegar
- 1 cup shredded Cheddar cheese
- ¼ cup chipotle salsa, plus more for serving
- 4 large eggs, cooked as desired

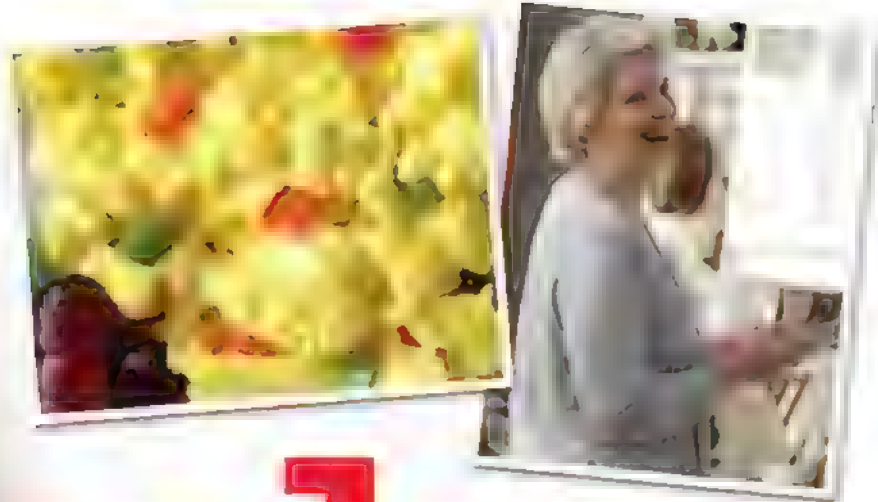
1. Heat 1 tablespoon oil in a large saucepan over medium heat. Add shallot and cook, stirring occasionally, until softened, 1 to 2 minutes. Add oats and stir for 1 minute. Add 4 cups water and ¼ teaspoon each salt and pepper. Bring to a boil, then reduce heat to a simmer. Cook, stirring often, until creamy, 10 to 12 minutes.

2. Meanwhile, heat the remaining 1 tablespoon oil in a large skillet over medium-high heat. Add collards along with the remaining ½ cup water and ¼ teaspoon each salt and pepper. Cook, stirring occasionally, until tender, 5 to 7 minutes. Remove from heat and stir in vinegar.

3. Stir cheese and salsa into the oatmeal. Serve with the collards, eggs and more salsa, if desired.

SERVES 4: 1 cup oatmeal, ½ cup collards & 1 egg each

CAL 436 / **FAT** 25G (SAT 8G) / **CHOL** 213MG / **CARBS** 35G / **TOTAL SUGARS** 3G (ADDED 0G) / **PROTEIN** 21G / **FIBER** 8G / **SODIUM** 763MG / **POTASSIUM** 456MG. ●



nly

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It's natural to want to give your family the best. So why give them eggs that are ordinary?

Truth is, Eggland's Best eggs are superior. They have more of the delicious, farm-fresh taste you and your family love—any way you cook them. Plus, 6 times more vitamin D, 10 times more vitamin E, and 25% less saturated fat than ordinary eggs.

So why settle for just any eggs when you can give them the best? Eggland's Best.



Better taste. Better nutrition.
Better eggs.®



BACK TO
SCHOOL
EDITION

Miso Apple Bars

ACTIVE: 40 min **TOTAL:** 2¼ hrs
(including 1½ hrs cooling time)

TO MAKE AHEAD: Store bars airtight
at room temperature for up to 1 day.

EQUIPMENT: Parchment paper

Miso is not just for soup! This fermented bean paste's rich umami flavor balances the sweetness of these apple bars. More ways to use it: whisk into a dressing or stir into sautéed vegetables with a bit of butter too.

- 12 tablespoons (1½ sticks) unsalted butter, at room temperature, divided
- 1 cup light brown sugar, divided
- 4 tablespoons white miso, divided
- 1 large egg
- 2 teaspoons vanilla extract
- 3 cups white whole-wheat flour
- 1 teaspoon ground cardamom

- ¼ teaspoon salt
- 8 tart apples, such as Granny Smith, peeled and chopped
- 2½ tablespoons lemon juice
- 1½ teaspoons ground cinnamon
- ½ teaspoon ground ginger
- ½ cup pecans, chopped

1. Line a 9-by-13-inch metal baking pan with parchment paper, leaving extra hanging over two sides.
2. Combine 10 tablespoons butter, ¾ cup brown sugar, 2 tablespoons miso, egg and vanilla in a large bowl. Beat with an electric mixer on medium speed for 2 minutes. Add flour, cardamom and salt; mix until just combined. Refrigerate 1 cup for the topping and press the remaining dough into the prepared pan. Chill for 20 minutes.
3. Preheat oven to 350°F.

4. Bake the crust until the edges are lightly browned, about 15 minutes.

5. Meanwhile, heat the remaining 2 tablespoons each butter and miso in a large saucepan over medium heat. Add the remaining ¼ cup brown sugar, apples, lemon juice, cinnamon and ginger. Adjust heat to maintain a lively simmer and cook, stirring occasionally, until the apples are very tender and most of the liquid has evaporated, 15 to 18 minutes. Spread over the crust. Mix pecans into the reserved topping and crumble over the top.

6. Bake the bars until lightly browned, 25 to 30 minutes. Let cool completely in the pan, about 1½ hours, before cutting into 18 bars.

SERVES 18: 1 bar each

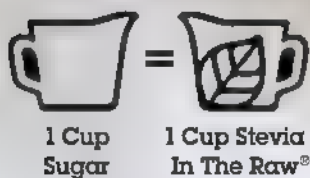
CAL 244 / **FAT** 10G (SAT 5G) / **CHOL** 31MG / **CARBS** 36G / **TOTAL SUGARS** 16G (ADDED 12G) / **PROTEIN** 4G / **FIBER** 4G / **SODIUM** 161MG / **POTASSIUM** 127MG



Cut
the sugar
calories in
half and
keep the
whole
cake.



NO CONVERSION



1 Cup
Sugar

1 Cup Stevia
In The Raw®

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BACK TO SCHOOL EDITION



Tossing squash with oil before roasting helps your body absorb more of its beta carotene, a fat-soluble antioxidant that fights cancer and cardiovascular disease.

Roasted Squash & Apples with Dried Cherries & Pepitas

ACTIVE: 15 min TOTAL: 45 min

Pick apples that hold their shape when cooked—Pink Lady, Braeburn and Winesap are good choices.

- 1 medium acorn squash (about 1½ pounds)
- 2 medium apples
- 3 tablespoons extra-virgin olive oil
- ¼ teaspoon ground cinnamon

- ¼ teaspoon ground allspice
- ¼ teaspoon ground coriander
- ½ teaspoon salt
- ¼ teaspoon ground pepper
- ¼ cup dried cherries
- ¼ cup toasted pepitas

1. Preheat oven to 425°F. Coat a rimmed baking sheet with cooking spray.
2. Halve squash and scoop out the seeds. Core apples. Cut the squash and apples into 1-inch

wedges. Whisk oil, cinnamon, allspice, coriander, salt and pepper in a large bowl. Add the squash and apples and toss to coat. Spread on the prepared pan.

3. Roast until tender, 25 to 30 minutes. Serve topped with dried cherries and pepitas.

SERVES 5: 1 cup each

CAL 220 / FAT 12G (SAT 2G) / CHOL 0MG / CARBS 29G / TOTAL SUGARS 15G (ADDED 5G) / PROTEIN 3G / FIBER 4G / SODIUM 238MG / POTASSIUM 526MG.

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FARMS

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SERVING SIZE: 1 PATTY



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THAN A PIE
IT'S A LOVE
LETTER.

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I'LL LOVE YOU,
AND TAKE TAKE



MADE FOR THIS MOMENT

Made in Ireland with milk from grass-fed cows, it's a taste that says a thousand words.

IDEAS FOR A BETTER YOU

FRESH

Sage Advice

Harvest your garden's herbs for a graceful centerpiece now and dried seasonings later. Turn the page to find out how, plus more ways to save your herbs this fall.

plant
your
plate

Visit eatingwell.com/plantyourplate for tons of additional herb and veggie gardening ideas, plus recipes.



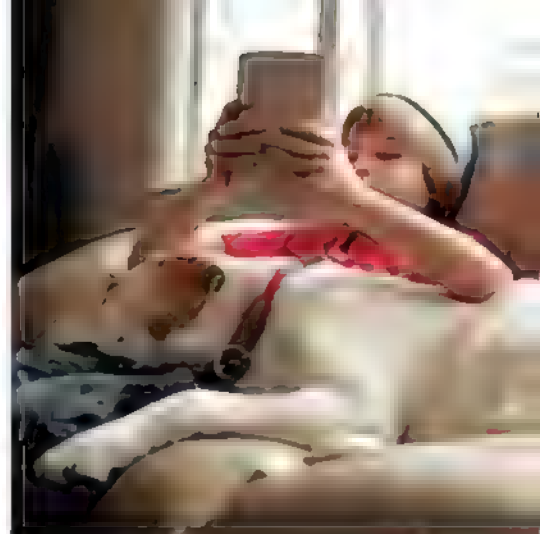
3 Ways to Save Summer's Herbs

For more garden-inspired projects, check out *Harvest* by Stefani Bittner & Alethea Haramopolis.

1 Decorate Your Table. "The dramatic centerpiece [page 43] is all about using the garden's bounty when you cut back your herbs in the fall," says Stefani Bittner, landscape designer and co-author of *Harvest: Unexpected Projects Using 47 Extraordinary Garden Plants*. Gather herbs with twine, then wrap the bundles with 28-gauge floral paddle wire to string them together. After a few days, hang the garland to finish drying.

2 Make Your Own Drying Rack. Slide curtain rings with clips over a sturdy branch for a rustic look or a metal bar for something modern. Tie a leather cord or twine on each end to hang in a cool, dry place. Clip small bundles of herbs upside down to dry for one to two weeks. Then store dried herbs in airtight containers or keep the rack up and just break the leaves off as you cook, recommends Bittner.

3 Make Custom Salt Mixes. Rinse 15 to 20 sprigs of herbs in cold water, dry, destem and coarsely chop. Combine with $\frac{2}{3}$ cup coarse salt and seal in a jar for up to a year (or in the fridge for extra freshness). Use as a meat or veggie rub or as a marinade base. Try experimenting with several herbs, like an Italian mix of rosemary, basil and oregano, or a fines herbes blend of parsley, chives, tarragon and chervil.



PET HEALTH

Would getting a dog benefit my kids?

Short answer: Yes. There's good evidence that pets can have powerful perks for kids, beyond just teaching them responsibility.

Mental Health: Just petting a dog for 5 minutes changes the biology of the brain and reduces stress hormones like cortisol. The most research has been done in children with pronounced behavioral conditions, like autism, where therapy with dogs has been shown to improve the neurological pathways in the brain, resulting in better emotional and social outcomes.

Physical Health: Research consistently shows that dogs motivate kids to be more active. In one study, children with a family dog got more than two hours of extra exercise a week than those without. Another way pets improve your kids' health: research has shown that having a furry friend (cats too!) early in life may protect against asthma and allergies.

Education: Tufts University has done three studies where struggling elementary school children read to a dog, a human or out loud to themselves. The kids who read to Fido had improved engagement and attitudes toward reading compared to the other groups. Why? The non-judgmental canines appear to alleviate the anxiety that can come from reading aloud.

Deborah E. Linder, D.V.M., M.S., D.A.C.V.N., Tufts Institute for Human-Animal Interaction



STACK IT. BUILD IT. MIX IT UP.



Farming to Fight Racism

Soul Fire Farm is cultivating a fairer food system for all

Here, some participants in a Soul Fire Farm training program help with the onion harvest. Learn more in Penniman's book *Farming While Black* (Nov. 2018), a how-to-farm guide with stories from her farm and a history of farmers of color.

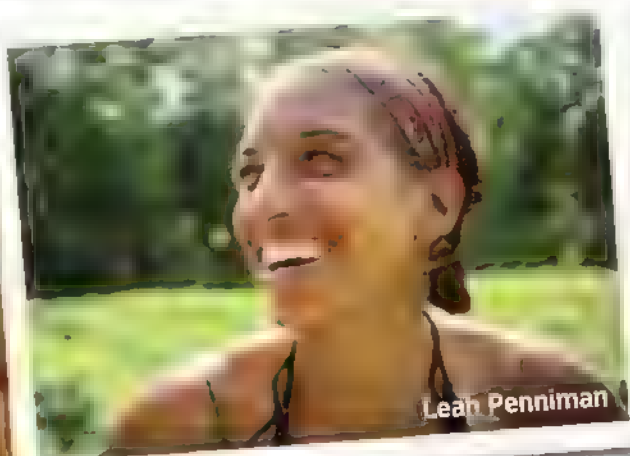
Thirteen years ago, Leah Penniman would walk 2.2 miles uphill, a newborn strapped to her back, pushing her 2-year-old in a stroller, to access fresh fruits and vegetables in a wealthier neighborhood of Albany, NY. Penniman didn't just live in a food desert—with no grocery stores, public transportation and certainly no garden plots—it was what she calls a “food apartheid,” where access to affordable, healthy, culturally appropriate food is delineated by race and class.

“We’ve created a segregated system by ZIP code here because of the discriminatory housing policies that began in the

1930s and haven’t ever really been rectified,” Penniman says. “So where you live determines whether you have any supermarkets, farmers’ markets or good transportation, and leads to a cascade of outcomes. If you’re a white child in the U.S., you have a 1 in 10 chance of going to bed hungry; a Latinx child, 1 in 4; and if you’re a black child, nearly 1 in 3.” (Penniman uses the gender-neutral version of Latino/Latina.)

For Penniman and her husband, Jonah Vitale-Wolff, who both had previous farm experience, the next step became obvious: start their own farm. In 2010, they opened Soul Fire Farm in nearby Grafton, NY. Today, 95 families in and around Albany benefit from their CSA, which not only offers organic vegetables, eggs and meat, but also delivers to members who don’t have transportation. And their pay-what-you-can sliding scale leaves no one out.

Her bigger-picture mission is to end injustice in the food system—not only by improving people’s access to healthy food, but also on farms themselves. To that end, Soul Fire Farm runs a number of programs, including farmer training, on-farm experience for youth of color and Soul Fire in the City, which installs raised beds on urban lawns. “I feel hopeful,” says Penniman. “I was told, ‘Oh, black people don’t want to run farms.’ But we have long waiting lists for all of our programs. There’s such momentum to belong to the land again.”



Leah Penniman



BACK-TO-SCHOOL BUYS

Check out fall's finest **MUST-HAVE PRODUCTS!** Buy one or more items from any of these featured brands, send us your receipt and receive a \$5 Amazon.com Gift Card.*



2 WAYS TO REDEEM

@ MAIL IN OR EMAIL

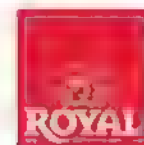
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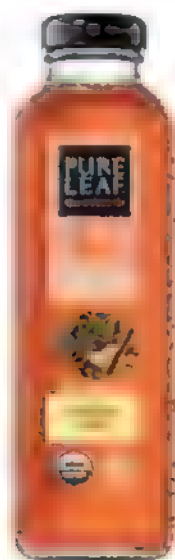
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Another Reason to Run for the Cure

Lace up your sneakers for a pink-ribbon cause. Not only will you support breast cancer research, you could also lower your own risk for developing the disease. A study presented at a recent American Association for Cancer Research conference found that women past menopause (when breast cancer risk peaks) with more than 41 percent body fat had over double the risk of women with less than 34 percent body fat—even though they had normal BMIs. (Yes, you can have a healthy weight for your height, i.e., your BMI, but still have too much body fat compared to muscle.) Normal-weight women who carry extra body fat can have enlarged fat cells in their breast tissue that predispose them to developing inflammation, in turn increasing cancer risk. While diet impacts body fat, the researchers found that exercise makes a difference too. Women in the study who clocked six hours of activity (like brisk walking) per week had the least amount of body fat—and the lowest risk of breast cancer. Don't know your body fat percentage? Get it measured by your doctor or at some gyms. —Jessica Migala

THE TRUTH METER

Coffee Edition

"COFFEE BOOSTS YOUR WORKOUT"

Feel like you're dragging too much to hit the gym? A scientific review found that having the amount of caffeine in a 12-ounce cup of joe before exercising helped athletes perform better and for longer.

"JAVA IS #1 SOURCE OF ANTIOXIDANTS"

We see that phrase thrown around a lot online. Yes, coffee is antioxidant-rich, but this claim is from 2005. We'd like some more up-to-date proof before saying coffee is still the absolute top antioxidant source for Americans.

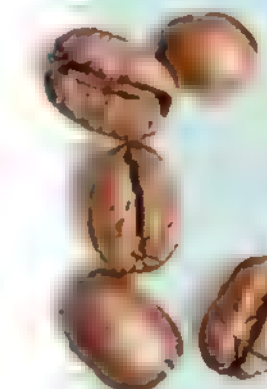
"IT'S BAD FOR YOUR HEART"

Extremely high doses of caffeine (such as what you'd get slug-ging energy drinks) may cause irregular heartbeats, but recent research shows no heart risk from normal coffee consumption.

In fact, one review found that 3 to 5 cups a day may lower your risk of dying from heart problems.

"IT CAUSES CANCER"

There's no hard evidence in humans (only rats) that acrylamide—a compound found in small amounts in roasted coffee—causes cancer. Despite a California ruling that cafés must post cancer warnings, realistically this chemical is not a threat. There's even evidence that coffee may *reduce* your risk for certain cancers.



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The Next Big Thing in Gut Health?

Boosting your microbiome with probiotics—beneficial bacteria found in yogurt, kefir, kimchi and sauerkraut—has been shown to have health benefits, such as improving digestion, immune health and mood. But prebiotics—the nutrients in food that feed your gut bacteria—may be the next rising microbiome star. “We probably don’t even realize when we’re eating prebiotics,” says Andrea Azcarate-Peril, Ph.D., director of the Microbiome Core Facility at the University of North Carolina at Chapel Hill. “However, in the near future we’ll be hearing a lot more about how they can improve gut health.”

First, a word about probiotics. Claims that probiotics colonize your gut imply that good bacteria displace the bad ones in your digestive tract permanently. That’s not the case. Probiotics modify your microbiota *temporarily*. Think of these bugs as helpful tourists, dropping in and doing good things while they pass through before taking the G.I. highway out of town. Stop consuming probiotics and your microbiome will shift back in a few weeks.

Enter prebiotics. So, I’m stuck with the gut I’ve got? Nope. You can improve your microbiome by encouraging the good bacteria you *already* harbor to grow with prebiotic foods: wheat, walnuts, asparagus, Jerusalem artichokes, bananas, legumes, onions, garlic. Prebiotics aren’t one type of nutrient, but rather any compound that feeds your microbiome. This includes indigestible carbs (like inulin, found in wheat, and resistant starch, in legumes) and also polyphenols (plant compounds with antioxidant properties, like those found in walnuts). When you eat these foods, your good gut flora feast on the prebiotics and multiply. This crowds out bad bugs and makes the good guys produce short-chain fatty acids, substances that may help control appetite, bolster immunity and even protect against cancer.

Probiotics or prebiotics? It’s too soon to say if one is better than the other. Plenty of research supports embracing probiotics, but it’s not the only way to promote gut health. Regularly feeding the microbes you already have with prebiotics is also key.

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Cheers to Lookin' Fabulous!



A 16-ounce beer can have up to 27 mg of silicon, which may help build healthy nails.

Pinterest-Worthy Nails

A great mani starts with healthy fingertips. And if you've got brittle nails (super-common!), the solution may be silicon. Women who took a 10 mg silicon supplement daily for five months had stronger nails (and hair), according to Belgian researchers. The mineral strengthens keratin, the protein nails are made of. Get this nutrient from green beans (8 mg per $\frac{3}{4}$ cup), dates (3 mg each), bananas (5 mg each) and beer. One study found silicon levels range from 3 to 27 mg per 16 ounces, with brews containing high levels of malted barley and hops, like double IPAs, boasting the most. *Prost!*

Luscious Locks

For shampoo-commercial hair, up your vitamin D. Women with thinning tresses had nearly five times lower blood levels of vitamin D than those with fuller hair, according to Egyptian researchers. Other research in mice suggests that vitamin D helps create new hair follicles and wake up dormant ones. Falling short on this nutrient can lead to other health issues, so listen to what your hair is telling you and ask your doc for a blood test. And aim to get 600 IU of vitamin D daily, from salmon (450 IU in 3 oz.), canned tuna (154 IU in 3 oz.), milk (115 IU per cup) or eggs (41 IU each).

Smoother Skin

When it comes to eating for better skin, "no fat" is no good. In a study, Japanese women on a low-fat diet (50 grams of total fat daily) had less skin elasticity than those who ate 74 g per day. And women who ate only 14 g of saturated fat had more wrinkles than those who got 23 g (which is the recommended upper limit in the U.S.). Fat is a building block of skin tissue, so enjoying a healthy dose may help keep your face looking younger. Some evidence suggests that going overboard on fat may make wrinkles worse, so balance is key. Healthy fats include avocados, olive oil, fish and nuts.

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A Sticky Situation

Think you know what added sugar is? Think again.

Public-health advocates cheered in 2016 when the Food and Drug Administration (FDA) unveiled a new Nutrition Facts panel for packaged foods. It included larger, bolder type, more realistic serving sizes (who eats just ½ cup of cereal?) and, maybe most important, a line to label added sugars—separate from the total sugars—along with their percent daily value. This daily value is based on the guidance that people should limit calories from added sugars to 10 percent of their diet. With the new label, a shopper can easily see that a yogurt, for example, may have 16 grams of added sugar, or 31 percent of the recommended allowance (versus the 16 grams of naturally occurring sugars from milk). The change would bring much-needed transparency to tens of thousands of products, but complaints from the food industry pushed the compliance date back from July 2018 to January 2020, opening the doors for a heated debate.

The Pushback

Two industries at the forefront of this fray are honey and maple syrup producers. When originally issued in 2016, the label update required that, just like that yogurt, bottles of honey and syrup include an added-sugar line—even though the sugars present are naturally occurring within those products, not added. Naturally these producers were sour on the rule: They worry that consumers would think that pure maple syrup or honey has been adulterated with cheap fillers like high-fructose corn syrup. (As for honey or syrup in a product—that definitely counts as added sugar. No dispute about that.) As a compromise, the FDA proposed that maple syrup and honey producers could add a “+” symbol next to the added-sugar line that directs shoppers to a statement, such as “all these sugars are naturally occurring.” A slightly clearer alternative, suggested by the nutrition advocacy group Center for Science in the Public Interest (CSPI), would read: “This product contains pure maple syrup/honey with no other ingredients.” Producers could also put “100% pure maple

syrup” or “100% pure honey” in large, bold letters on the front of the package.

The FDA then initiated a comment period (which closed in June) and accumulated over 3,500 responses—many from maple-syrup-producing states. The reactions were overwhelmingly negative. “How stupid is this,” scolded one person. “100% pure maple products come from trees and no sugar is added. Same with honey. Bees and trees do not add sugar. If people do, it is not 100% pure. Get a grip, FDA!”

But Lindsay Moyer, a senior nutritionist at the CSPI, says the rule makes sense because no one eats them in isolation. Maple syrup and honey are added to pancakes, tea, cornbread and so on. “It helps people to see everything that counts as an added sugar in their diet,” Moyer says. With this ruling, you’d see on a bottle of honey that 1 tablespoon has 34 percent of your recommended daily maximum of added sugar. Note: A bag of granulated sugar will also have an added-sugar line.

Maple and honey industries aren’t the only ones looking to change the rules. The cranberry industry got bent out of shape by the nutrition label update, and it’s set to get a big pass. The FDA has proposed that cranberry products can add sugar—and not declare it on the label—up to the total amount found in comparable fruits that are naturally sweet, like raisins. Its logic: “Some stakeholders are concerned that consumers may think certain cranberry products are less nutritious than these competitor products because of the added sugars declaration.”

Another piece of weirdness found in the proposed added-sugar rule: the inconsistencies around juice used as a sweetener. Juice concentrate in a product (such as fruit drinks, fruit snacks and granola bars), would count as an added sugar, but when sold directly to consumers (think frozen orange juice concentrate), it would not have to list them. The reason: the latter is intended to be reconstituted—you add water to turn it back into 100% juice, which isn’t considered to contain added sugars. In some ways, this stands at odds with the honey and syrup argument of once an added sugar, always an added sugar. And while juice may have nutrients that straight-up sugar doesn’t have, like vitamin C, even 100% juice isn’t as nutritious as whole fruit.

The Future of Added-Sugar Labels

At press time, the FDA announced that it would reconsider the maple syrup and honey rule. “Chalk it up to politics,” says Marion Nestle, Ph.D., M.P.H., an *EatingWell* advisor and professor of nutrition at New York University. But looking at the big picture, she’s optimistic: “Here’s what’s most important to know about sugars: It’s better to eat less of them. So having added sugars on labels at all will be a big step forward.”



LOSE WEIGHT, FEEL GREAT

Break Through Your Weight Loss Plateau

By Amber Rios

Being a health and nutrition correspondent means that companies frequently send me their products, and ask for my stamp of approval. Most of the time I dive into research, give the product a try, and send the company honest feedback about what they'll need to change before I'll recommend it. Plus my hectic job and my determination to stay fit means I'm always hunting for a quick and nutritious way to fill up on nutrients my body needs. So I can confidently say, "I've tried it all".

Last Tuesday work was especially hectic, but I'd booked with my \$200 an hour personal trainer, Tony, a triathlon winning, organic-to-the-bone fitness guy with a ten mile long track record of whipping the "who's who" into shape in record time, so I had to go. He noticed that my set count was down and playfully asked, "Feeling a little tired today?", as he handed me a bottle from his gym bag. After one sip I figured that there was no way this could be healthy because the creamy chocolate flavor was just too delicious. Still, he'd never risk his reputation.

With more than a healthy dose of scepticism I decided to investigate this shake he'd called INVIGOR8.

Turns out, it's a full meal replacement shake, which stunned me because virtually every other shake I'd researched had tasted chalky, clumpy and packed with hidden "no-no's" like cheap protein, tons of artificial ingredients, not to mention harmful synthetic dyes, additives, sugars, preservatives, and hormones. And even though INVIGOR8's full meal replacement shake cost more than many of the shakes I've tried, it was about half the price of my favorite salad, and the nutrition profile looked second to none.

Wanting to know more, I reached out to a few of the people who were talking about it on trustworthy fitness forums. By the next morning three people got back to me saying,

"As a trainer I love Invigor8. It's definitely helped me to have more all-day energy, plus build the kind of lean sculpted muscle that burns more fat."

"Yes, I'll recommend it, it tastes great, and I really like how it keeps me feeling full for hours."

"I'm a marathon runner and a friend recommended it to me. Drinking it has become a part of my regular training routine, because my time has improved, my energy is up, and I'm thinking more clearly than ever before."

I decided to take my investigation one step further by researching the development of INVIGOR8. I was pleasantly surprised to find out that the company went to great lengths to keep INVIGOR8 free of harmful ingredients.

The makers of INVIGOR8 were determined to make the first **100% natural, non-GMO** nutritional shake & green superfood. The result is a meal replacement shake that contains **100% grass-fed whey** that has a superior nutrient profile to the grain-fed whey found in most shakes, **metabolism boosting raw coconut oil, hormone free colostrum** to promote a **healthy immune system, Omega 3, 6, 9-rich chia and flaxseeds**, superfood greens like **kale, spinach, broccoli, alfalfa, and chlorella**, and clinically tested **cognitive enhancers for improved mood and brain function**. The company even went a step further by including a balance of **pre and probiotics** for optimal **digestive health, uptake, and regularity and digestive enzymes** so your body absorbs the **high-caliber nutrition** you get from INVIGOR8.

As a whole-foods nutritionist with a thriving practice I understand the importance of filling my body with the best Mother Nature has to offer. I have always been reluctant to try new products because I was never sure of the impact they would have on my energy, and weight. INVIGOR8 is different, not only because it's delicious, but because it helps me to maintain the energy I need to run my busy practice, while helping me to stay fit and toned. Considering all of the shakes I've tried, I can honestly say that the results I've experienced from INVIGOR8 are nothing short of amazing.

A company spokesperson confirmed an exclusive offer for Eating Well readers: if you order this month, you'll receive \$10 off your first order by using promo code **"EW10"** at checkout. You can order INVIGOR8 today at www.DrinkInvigor8.com or by calling 1-800-958-3392.



Golden Raisins—and Other Foods My Kid Can't Even Look At



"My own PARENTS tried to POISON ME!!"

My son is deeply mistrustful of golden raisins. He discovered one in a handful of trail mix the other day and reflexively flicked it onto the counter, as if he'd just found a beetle crawling on his palm. "Mom, what is that?" he asked with a small, involuntary shudder. "Um, it's a *raisin*, dude. You've eaten tons of them in your life, just not this kind," I said. "But it's yellow and squishy and *weiiiiird!*" he shot back.

This is par for the course with Jackson. It's not that he's a picky eater. He'll happily scarf down things a lot of kids wouldn't touch—like broccoli (a favorite, actually), tofu and pretty much anything on a Thai or Indian menu, no matter how spicy or flavor-advanced. His is a texture thing. And when he dislikes something, it's a violent dislike. Full-body dry heaves might better describe it.

There was the time when he was 5, for example, that my husband and I made fried chicken for the kids as a treat. Jackson took one bite of his drumstick, opened his mouth and just let the entire chicken leg roll straight out and—*thunk*—onto his plate. Bones.

He'd never had chicken with bones in it before—just skinless breasts that, to a kid, don't actually come from a chicken. They come from a supermarket, dummy. And he was pretty sure that what he was eating was still somehow alive. Therapy, he insisted, was imminent.

And you know those little wooden spoons that come with Italian ice? Yeah, you might as well be handing him a splintered two-by-four to eat his dessert with. I won't even tell you what he thinks about the texture of zucchini, except to say that the mouthfeel, to him, is not unlike plunging your hand into the guts of a just-carved Halloween pumpkin.

Since both of my kids were little (he's now 15, she's 12), I've cooked for them according to two rules: 1. I am not a short-order cook *and you will eat what I'm making*. No substitutions. No side-eye. And 2. You must try at least one bite of everything. After that, you are free to banish whatever it is you don't like to the cold, lonely edges of plate Siberia. Probably also cover it with a napkin. This, as you can imagine, has made for some delightful dinners. By which I mean epic battles over a bite of grape tomato, a pool of polenta or a seared scallop. And meals where the only food he really ate was beige: bread, pasta, rice—you know, the nutritional pillars that any well-balanced, carb-itarian diet is based on. So I've had to get crafty. What if I *ceviched* the scallops? (Then they'd be firm, rather than, "Oddly slippery. Like the inside of one of those bad white gumdrops nobody

likes." End quote.) What if I made a bruschetta topping with the tomatoes? (Less squish factor.) And what if I did a salad with raw coins of asparagus, instead of roasting them until tender (read: wobbly and stringy and *blech*)?

Don't get any ideas. This wasn't a single epiphany that Changed Mealtime Forever. It was many trial-and-error attempts over, oh, half a decade. But by the time I introduced spiralized zucchini this year, Jackson asked for seconds of the "noodles." (Zucchini! The ultimate win! Is there some sort of medal?) It's not that I was trying to dupe my child into eating foods he'd normally kick to the curb. My idea was that if I could get him to tolerate them in one form, then over time he might learn to like them in *any* form. (Plus, I'd been told by a researcher who studies these things that it takes something like 30 exposures for kids to accept a food they don't like, and I held out hope.)

It took patience. It took martinis. So many martinis. But, for the most part, it's worked; there are very few Siberian foods left. Just don't try to give him one of those wooden spoons. And definitely no golden raisins. 🍷



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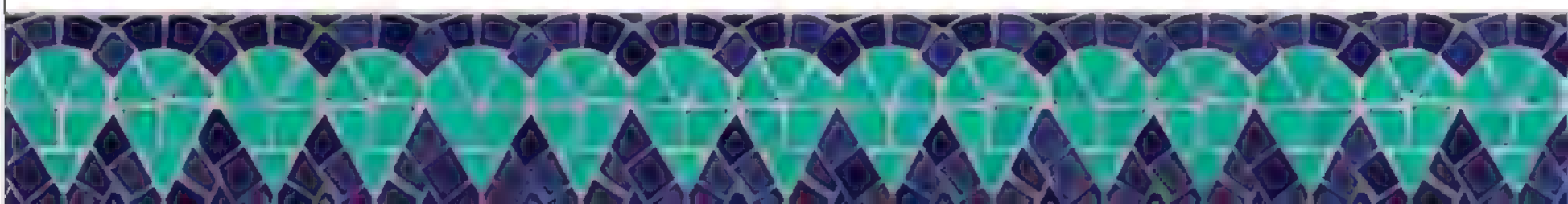
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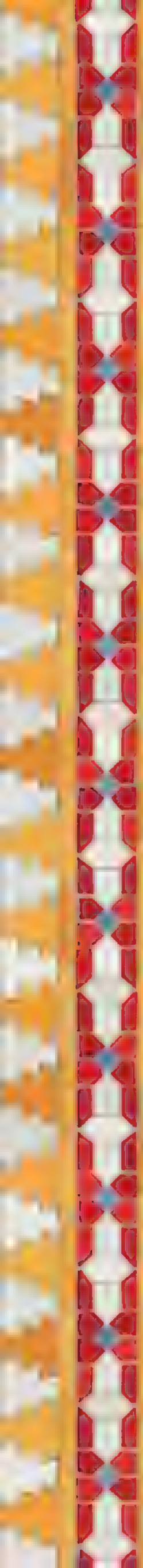
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FLAVORS OF THE MIDDLE EAST

Think about all that we've welcomed into our culinary lexicon: pita, baklava, falafel, baba ghanoush, tabbouleh. The Middle East has deeply influenced what Americans love to eat. (Just look at the *wall* of hummus in any grocery store!) Now it's time to take a bigger bite. Plan a menu of *mezze* (small dishes) from this issue like the one shown here, which includes braised zucchini peels, pumpkin kibbeh, chickpea-yogurt dip with torn pita, grilled liver kebabs and beet-yogurt dip. Or go even bigger and cook a whole fish stuffed with herbs (*page 91*) or a golden-crust rice pie (*page 94*). Whatever you choose, explore voraciously!





ANYA VON
BREMZEN
STORY

SEREN DAL
LOCATION PHOTOGRAPHY

PENNY DE LOS
SANTOS
FOOD PHOTOGRAPHY



TO ISTANBUL, WITH LOVE

The affair started with its over-the-top architecture and kaleidoscope of irresistible food, but it was a network of deep friendships that cemented writer Anya von Bremzen's 30-year romance with this city

The first time I came to Istanbul, as a vacationing student back in the '80s, an astounding thing happened. A perfect stranger, a moon-faced Tatar gent whom my ex and I met in a restaurant, gave us his car. "*Hosgeldiniz* [welcome]!" he cried, tossing us the keys to his battered VW Beetle. "Go tour my magical Turkey for as long as you want!" And just like that my infatuation with this country was launched. Since then it has grown into a deep relationship. In 2007 I bought a small apartment in Istanbul with a view of the Bosphorus, the strait that both separates, and joins, Europe and Asia.

Even without that VW largesse, my first taste of Istanbul left me in a daze. I remember standing on Galata Bridge over the Golden Horn, a piece of syrup-drenched baklava with a grassy-green pistachio filling in my hand, staring at the panorama of imperial domes and rocket-like minarets—and wondering if it wasn't just a mirage. And with each new bite since—of the flaky buttery pastries called *börek* or smoky *köfte* (meatballs) grilled by the ferry docks—I've gotten more and more hooked on the city. Late suppers of *mezze* and *raki* (a fiery anise-scented liquor) at raucous taverns called *meyhane* show off the mosaic of Istanbul's past: Armenian stuffed mussels, Albanian liver, Russian



TOMATO DOLMA
WITH ROASTED
EGGPLANT, P.72



This circle of friends—journalists, food editors and chefs—have gathered for countless meals over the years. On the menu for this spread at the apartment of Gamze Ineceli (at the right end of the table): lamb-stuffed Gul Börek (inset, opposite) made by chef Şemsa Denizsel (second from left). She's led the charge for local and seasonal produce in Turkey.

salad, Circassian chicken.

Three decades later I'm just as smitten. I love the furious squawking of seagulls above the antiquated white public ferries that glow like magic lanterns on the water at dusk; the tulip-shaped glasses of tannic sweet tea at my neighborhood tea garden. More than anything, though, it is friendships that keep bringing me back.

My first friend in Istanbul, a dashing food writer named Engin Akin, helped me buy my apartment. Then I kept on meeting more women in my profession—all amazing cooks. There was Cemre Narin, who edits the food section of *Turkish Vogue*, and Sabiha Apaydin, a former director and sommelier at the renowned Mikla restaurant. Vivacious journalists Hülya Eşkil and Deniz Alphan introduced me to chef Şemsa Denizsel, often called the Alice Waters of Turkey.

We began celebrating special occasions together or just spontaneously gathering for cocktails at some new rooftop bar. Our tight-knit circle could swell inclusively, though. A New Year's trip planned for six people to a cheese region on the Armenian border turned into a moveable feast for 16. One year at Thanksgiving our friend Gamze İnceli, a spirited avant-garde dancer-turned-chef, famous for her extravagantly generous parties, thinking I'd be homesick, threw a sit-down multicultural extravaganza for 25 guests, replete with mezze and this planet's juiciest turkey with a Turkish dressing of wild bulgur, chestnuts and pomegranate.

Since before Yotam Ottolenghi hooked Anglo audiences with sexy riffs on burnt eggplant and saffron and sumac, my girlfriends have effortlessly fused East and West in their kitchens. Their cooking reflects the sophisticated modern tastes of this Eurasian megalopolis that straddles two continents. Istanbul, with its multicultural Ottoman past, was the capital of an empire where Albanians presided over the best butcher shops, Bosnians were known for their böreks, Rums (Istanbul Greeks) ran the meyhane taverns, and Armenians were prominent merchants and architects. Demographics have changed, but memories of that cosmopolitan history—of Muslims, Christians and Jews exchanging food—animate Istanbul's cuisine and its culture.

Occasionally Gamze would throw potluck-style feasts at her apartment in the Galata district, a neighborhood founded in Byzantine times. We would bring our 21st-century tributes



LAMB &
WALNUT GUL
BOREK, P.72

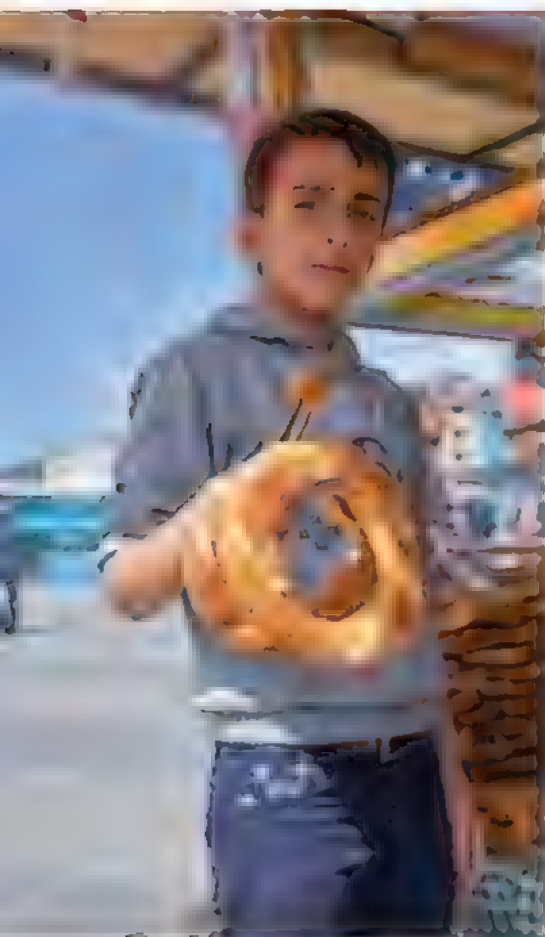
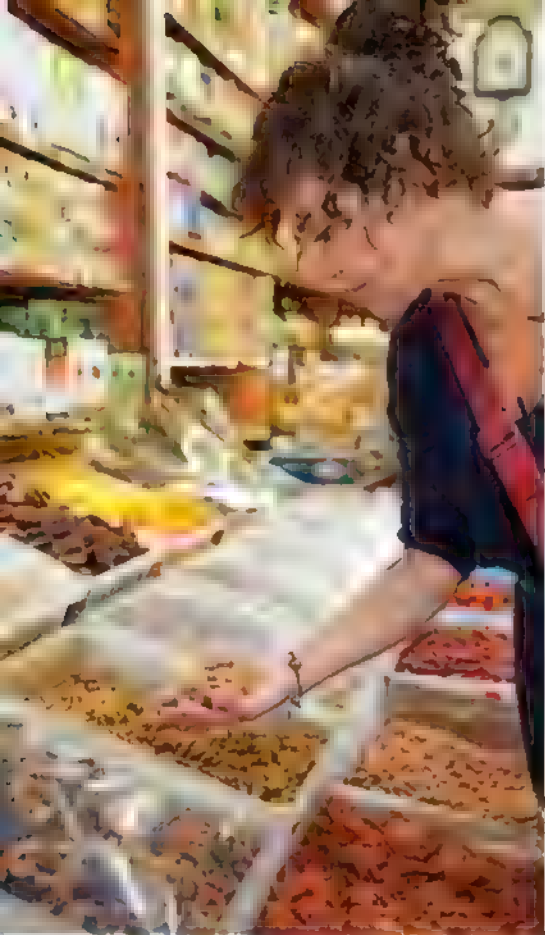
to classic Istanbul mezze. Gamze might lavish an iconic Ottoman eggplant dish, *imam bayildi* ("the imam fainted"), with pickled cherries and masses of sweet-sour onions caramelized with pomegranate molasses. Cemre would make exquisite Greek-style tomato dolma updated with smoky charred eggplant, and Şemsa would bake

magnificent *gul* (rose-shaped) börek stuffed with ground lamb to which she'd add personal touches like walnuts and sun-dried tomatoes. With my take on Circassian chicken in creamy walnut sauce, I'd zap the dish with tons of cilantro and coriander in the manner of modern-day Caucasus.

Around 2010, my boyfriend and I began semi-living in Istanbul. The city was experiencing an expansive, hedonistic heyday. Dubbed "Istanbul-cool" by the international press, it buzzed with nonstop gallery, boutique and restaurant openings in newly gentrified 19th-century enclaves. The mood was euphoric and giddy. I felt almost smug, *living* in a place everyone was dying to visit. Then geopolitics darkened. In the summer of 2015, the first ISIS bomb went off in the country's southeast; over the next 18 months we felt under siege. There was an explosion at an Istanbul nightclub I used to frequent, another on a street corner I passed almost daily, another near a museum I'd planned to visit that very morning but changed my mind. Was it reckless, I wondered, staying on in Istanbul?

Then in June of 2016 while shopping for a dinner party I was throwing the following day, I learned of the massive attack at the Istanbul airport. Sickened with horror and grief, I sank into a café chair and frantically texted my friends. Were they OK? Yes, came the answers. And... nobody was canceling dinner. Next evening, a dozen people showed up with flowers and bottles. This wasn't denial or mindless frivolity. Toasting life and our friendship that night felt important and existentially poignant: a refusal to surrender our beloved city to evil. "Get out. What's still keeping you there?" American friends were protesting. "Friendships," I told them simply. And a heart-wrung realization that when you truly love a place, you don't abandon it in a difficult moment.

ANYA VON BREMZEN is a James Beard Award-winning food writer. Her latest book is *Paladares: Recipes Inspired by the Private Restaurants of Cuba*. She lives in Queens, New York, and Istanbul.



Dancer-turned-chef Gamze İnceci (left top) shops for walnuts for Circassian Chicken at the Kadıköy Bazaar in Istanbul. The market is filled with bakeries selling breads like bagel-shaped *simits* (center) and cafés where patrons can sip *raki* and nibble fresh cheese (bottom). Braised zucchini peels (above; recipe on page 74) are one of the many mezze that make up the meal shared with Hülya Eşkiğil, Deniz Alphan and Şemsa Denizsel (opposite bottom).



CIRCIASSIAN CHICKEN (CERKEZ TAVUGU)

ACTIVE: 45 min **TOTAL:** 7¼ hrs
(including 6 hrs chilling time)

TO MAKE AHEAD: Prepare through Step 5 and refrigerate for up to 1 day.

Circassian cooking is from the North Caucasus, which was at different times part of the Ottoman and Persian empires. This stew made with a creamy walnut sauce was originally served as a main dish, but became a mezze somewhere along the way. Serve at room temp along with some bread for dipping. (Rec.pe: Anya von Bremzen)

- 2½ pounds bone-in chicken breasts**
- 4 cups low-sodium chicken broth**
- 2 cups walnuts, plus more for garnish**
- 2 large cloves garlic**
- ½ cup chopped fresh cilantro, divided, plus more for garnish**
- 1 teaspoon salt**
- ¾ teaspoon ground coriander**
- ¾ teaspoon paprika**
- ½ teaspoon Aleppo pepper (see page 110), plus more for garnish**
- ½ teaspoon dried savory or tarragon**
- ¼ teaspoon ground cinnamon**
- ¼ teaspoon ground fenugreek (see page 110)**
- ¼ teaspoon saffron threads (see page 110)**
- 2 tablespoons butter**
- 1 tablespoon extra-virgin olive oil**
- 1 small onion, finely chopped**
- 3 tablespoons red-wine vinegar, divided**
- Chopped red onion & pomegranate seeds for garnish**

1. Place chicken, meat-side down, in a large saucepan and add broth. Bring to a simmer over high heat. Reduce heat, cover and simmer, turning occasionally, until an instant-read thermometer inserted in the thickest part without touching bone registers 160°F, 25 to 30 minutes.

2. Meanwhile, process walnuts and garlic in a food processor to a fine-textured paste. Add ¼ cup cilantro; pulse just to combine. Mix salt, coriander, paprika, Aleppo, savory (or tarragon), cinnamon, fenugreek and saffron in a small bowl.

3. Transfer the chicken to a clean cutting board to cool. Strain the broth (discard the solids).

4. Wash and dry the pan. Add butter and oil and heat over medium heat until the butter is melted. Add onion and cook, stirring, until very soft but not browned, 3 to 5 minutes. Add the spice mixture and cook, stirring, for 30 seconds. Add the broth and bring to a simmer over high heat. Reduce heat to medium-low and add the walnut mixture; whisk until smooth. Cook, whisking occasionally, until the sauce starts to thicken, 3 to 5 minutes. Remove from heat.

5. Shred the chicken (discard the bones) and place in a large bowl. Add the sauce along with 2 tablespoons vinegar and the remaining ¼ cup cilantro. Refrigerate, stirring occasionally, until cold, at least 6 hours and up to 1 day.

6. Stir the remaining 1 tablespoon vinegar into the chicken. Let stand for 30 minutes. Serve topped with more chopped walnuts, cilantro, Aleppo, red onion and pomegranate seeds, if desired.

SERVES 18: ½ cup each

**CAL 190 / FAT 13G (SAT 3G) / CHOL 40MG / CARBS 3G /
TOTAL SUGARS 1G (ADDED 0G) / PROTEIN 16G / FIBER 1G /
SODIUM 178MG / POTASSIUM 217MG.**

OLIVE OIL-BRAISED
JEWISH ZUCCHINI
PEELS, P.74



EGGPLANT WITH
SWEET-SOUR ONIONS
& PICKLED CHERRIES
174

THE FAVORITE DISH
IN THE ROYAL COURT
OF THE OTTOMAN
EMPIRE WAS CALLED
IMAM BAYILDI, OR
FAINTING IMAM,
BECAUSE IT WAS SO
DELICIOUS IT WOULD
KNOCK THE CLERIC
OFF HIS FEET. THIS
MODERN RIFF IS
LAYERED RATHER
THAN STUFFED.



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CUCUMBER WITH BASIL, YOGURT, WALNUTS & BROWNED BUTTER (YANIK TEREYAĞLI CACIK)

ACTIVE: 20 min **TOTAL:** 20 min
(plus 1 day soaking time)

You may not typically serve your cucumbers bruised, but Gamze Ineceli intentionally smashes them to release their flavorful juices. Taking the time to soak the walnuts for this dish gives them a special soft texture and plumpness. Serve with some pita as part of a mezze platter or as a side salad. (Recipe: Gamze Ineceli)

- 1 cup walnuts
- 1 pound mini (Persian) cucumbers, sliced
- ¾ teaspoon salt, divided
- 2 tablespoons slivered fresh basil, divided
- 1 tablespoon extra-virgin olive oil
- 1 clove garlic, crushed
- ½ teaspoon grated lemon zest
- ½ teaspoon ground pepper
- 3 cups whole-milk plain Greek yogurt
- 2 tablespoons butter

1. Place walnuts in a bowl and add cold water to cover by 1 inch. Soak for 5 hours at room temperature. Rinse, add fresh water to cover by 1 inch and refrigerate overnight. Drain, pat dry and coarsely chop.
2. Using a potato masher, mash cucumbers with ¼ teaspoon salt until juicy. Drain in a colander for 5 minutes. Transfer to a large bowl and stir in 1 tablespoon basil, oil, garlic, lemon zest,

- pepper and the remaining ½ teaspoon salt.
3. Whisk yogurt in a large bowl until smooth and spread onto a serving platter. Top with the cucumber mixture and the walnuts.
 4. Melt butter in a small skillet over medium heat until beginning to brown, 2 to 4 minutes. Immediately remove from heat and drizzle over the cucumbers. Serve topped with the remaining 1 tablespoon basil.

SERVES 10: ½ cup each

CAL 180 / **FAT** 14G (SAT 4G) / **CHOL** 16MG / **CARBS** 6G / **TOTAL SUGARS** 4G (ADDED 0G) / **PROTEIN** 9G / **FIBER** 1G / **SODIUM** 162MG / **POTASSIUM** 222MG

TOMATO DOLMA WITH ROASTED EGGPLANT (KOZ PATLICANLI DOMATES DOLMASI)

ACTIVE: 35 min **TOTAL:** 1¼ hrs

Dolma are stuffed vegetables common from the Mediterranean all the way to Central Asia. This one pairs ripe tomatoes with a meat filling that's lightened with eggplant and onions. Serve one as a starter or double up for a main dish (Recipe: Cemre Narin. Photo: page 65.)

- 1 large eggplant
- 12 medium tomatoes (4-5 pounds)
- 2 tablespoons extra-virgin olive oil
- 1¼ teaspoons salt, divided
- ½ teaspoon ground pepper, divided
- 1 pound lean ground beef
- 1 medium onion, grated
- 2 cloves garlic, finely chopped

3 tablespoons bulgur, preferably fine
(see page 110)

- 1 teaspoon ground cumin
- ¼ cup fresh mint, chopped
- ¼ cup fresh parsley, chopped

1. Preheat grill to high.
2. Prick eggplant all over with a fork. Grill, turning occasionally, until charred and tender, 10 to 15 minutes. Transfer to a cutting board to cool, then peel. Place the eggplant and accumulated juices in large bowl and mash. Let cool for 10 minutes.
3. Meanwhile, preheat oven to 400°F. Coat a 9-by-13-inch baking dish with cooking spray.
4. Cut the tops off tomatoes (reserve them). Scoop out the inner flesh with a spoon and place in a blender. Add oil, ¼ teaspoon each salt and pepper and puree until smooth. Spread the sauce in the baking dish. Lightly sprinkle the insides of the tomatoes with ¼ teaspoon salt.
5. Add beef, onion, garlic, bulgur, cumin and the remaining ¾ teaspoon salt and ¼ teaspoon pepper to the eggplant; mix well. Stuff the tomatoes with the filling and replace the tops. Place in the prepared baking dish and cover with Reynolds Wrap Aluminum Foil.
6. Bake for 15 minutes. Remove the foil and continue baking until the tomatoes are browned and the liquid has thickened, 30 to 35 minutes more. Sprinkle with mint and parsley.

SERVES 12: 1 tomato each

CAL 131 / **FAT** 7G (SAT 2G) / **CHOL** 25MG / **CARBS** 10G / **TOTAL SUGARS** 5G (ADDED 0G) / **PROTEIN** 9G / **FIBER** 3G / **SODIUM** 276MG / **POTASSIUM** 524MG

LAMB & WALNUT GUL BOREK

ACTIVE: 1 hr **TOTAL:** 1 hr 35 min

These gul, or rose-shaped, pies are savory with a sweet touch from sautéed onions and sun-dried tomatoes. A little vinegar in the olive oil used for brushing the layers of phyllo keeps the dough pliable and easier to coil. (Recipe: Şemsa Denizsel. Photo: page 67.)

- 5 tablespoons extra-virgin olive oil, divided
- 2 medium onions, finely diced
- 1 pound ground lamb
- 1 cup chopped walnuts
- ¾ cup chopped fresh parsley
- ½ cup oil-packed sun-dried tomatoes, chopped
- ½ cup chopped fresh za'atar leaves (see page 110) or oregano
- 4 cloves garlic, minced
- 2 teaspoons grated lemon zest
- 1½ teaspoons ground cumin
- ½ teaspoon salt
- ½ teaspoon ground pepper
- ¼ cup cider vinegar
- 16 9-by-14-inch sheets phyllo dough
- 1 tablespoon black sesame seeds or nigella seeds

1. Preheat oven to 400°F. Coat a large rimmed baking sheet with cooking spray.
2. Heat 1 tablespoon oil in a large skillet over medium heat. Add onions and cook, stirring often, until soft and translucent, about 5 minutes. Add lamb and cook, stirring occasionally and breaking up any large chunks, until it is no longer pink, 6 to 8 minutes. Drain the mixture in

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a colander and transfer to a large bowl. Stir in walnuts, parsley, sun-dried tomatoes, za'atar (or oregano), garlic, lemon zest, cumin, salt and pepper. Let cool, stirring occasionally, for 10 minutes.

3. Whisk vinegar and the remaining 4 tablespoons oil in a small bowl. Place a sheet of phyllo on a clean, dry work surface with a long edge toward you (see *Techniques*, page 116).

Brush the phyllo with some of the vinegar mixture; lay another sheet of phyllo on top of it. Place $\frac{1}{2}$ cup of the lamb mixture along the bottom third of the long edge closest to you, leaving a 1-inch border on the bottom and sides.

Roll the phyllo away from you as if you were rolling up a carpet, being careful not to roll too tightly. Brush the roll with some of the vinegar mixture. Starting with one end, roll into a coil and place on the prepared baking sheet. Tuck the loose end underneath. Repeat with the remaining ingredients to make 8 böreks. Brush the tops with the remaining vinegar mixture and sprinkle with sesame (or nigella) seeds.

4. Bake until golden brown, 25 to 30 minutes. Let cool for 10 minutes before serving.

SERVES 8: 1 börek each

CAL 410 / FAT 27G (SAT 6G) / CHOL 37MG / CARBS 28G / TOTAL SUGARS 2G (ADDED 0G) / PROTEIN 16G / FIBER 3G / SODIUM 378MG / POTASSIUM 390MG

OLIVE OIL-BRAISED JEWISH ZUCCHINI PEELS (KASHKARIKAS)

ACTIVE: 35 min **TOTAL:** 1 hr 35 min

TO MAKE AHEAD: Refrigerate for up to 2 days.

A popular Sephardic Jewish dish, cuajado, is made with just the zucchini flesh mixed with fresh cheese and matzo meal. Kashkarikas was created so the peels wouldn't go to waste.

Serve as an appetizer or a side dish. Use any leftover zucchini flesh in stuffings, breads and muffins or just sauté with garlic in olive oil.

(Recipe: Deniz Alphan. Photo: page 68.)

- 3** pounds zucchini
- 8** tablespoons extra-virgin olive oil, divided
- 1** large onion, quartered and thinly sliced
- $\frac{1}{4}$** teaspoons tomato paste or 1 small tomato, halved and grated
- 1** cup water
- 2** teaspoons sugar
- $\frac{1}{2}$** teaspoon salt
- $\frac{1}{2}$** teaspoon ground pepper

- 2** tablespoons lemon juice
- 2** tablespoons chopped fresh dill, plus more for serving
- Whole-milk plain Greek yogurt & lemon wedges for serving**

1. Cut strips of peel off zucchini $\frac{1}{2}$ inch thick and $1\frac{1}{2}$ inches wide. (Reserve the center flesh for another use.) Cut the strips crosswise into 1-inch pieces.

2. Heat 2 tablespoons oil in a large pot over medium heat. Add onion and cook, stirring occasionally, until very soft, 7 to 9 minutes.

Add tomato paste (or grated tomato) and cook, stirring, for 30 seconds. Add the zucchini peels, the remaining 6 tablespoons oil, water, sugar, salt and pepper. Bring to a boil over high heat, then reduce heat to maintain a simmer. Cover and cook, stirring occasionally, until the peels are very tender, 20 to 25 minutes.

3. Uncover and adjust the heat to a lively simmer. Cook, stirring occasionally, until the liquid reduces slightly, 5 to 8 minutes. Remove from heat and stir in lemon juice. Let cool to room temperature, about 30 minutes.

4. Stir in dill. Serve with yogurt, lemon wedges and garnished with more dill, if desired.

SERVES 6: $\frac{3}{4}$ cup each

CAL 205 / FAT 19G (SAT 3G) / CHOL 0MG / CARBS 8G / TOTAL SUGARS 5G (ADDED 1G) / PROTEIN 2G / FIBER 2G / SODIUM 313MG / POTASSIUM 356MG

EGGPLANT WITH SWEET-SOUR ONIONS & PICKLED CHERRIES (VISNELI PATLICAN BAYILDI)

ACTIVE: 45 min **TOTAL:** 3 hrs

TO MAKE AHEAD: Refrigerate pickled cherries (Step 5) for up to 2 days.

This dish features layers of super-tender roasted eggplant and sweet sautéed onions spiked with tart and fruity pomegranate molasses. Serve with pita as part of a mezze course or as a side with a larger meal. (Recipe: Gamze Inceci. Photo: page 70.)

- 2 $\frac{1}{2}$** pounds eggplant, trimmed
- $\frac{1}{2}$** teaspoon ground allspice
- 2** cups grapeseed or canola oil
- $\frac{1}{2}$** teaspoon salt, divided
- 1 $\frac{1}{2}$** pounds red onions, sliced
- $\frac{1}{4}$** cup pomegranate molasses (see page 110)
- $\frac{1}{4}$** cup water, plus more as needed

- 2** teaspoons tomato paste
- $1\frac{1}{2}$** teaspoons minced fresh ginger, divided
- 1** teaspoon sugar
- $\frac{1}{2}$** cup pitted fresh or dried sour cherries (see page 110) or dried cranberries
- $\frac{1}{4}$** cup tart cherry juice
- $\frac{1}{4}$** cup white-wine vinegar
- 2** tablespoons chopped fresh mint
- 2** tablespoons chopped fresh cilantro

1. Peel eggplant to leave alternating purple stripes. Halve lengthwise and slice into $\frac{1}{4}$ -inch pieces. Sprinkle both sides with allspice.

2. Line a baking sheet with three layers of paper towels. Heat oil in a medium cast-iron skillet over medium-high heat. Add one-third of the eggplant in a single layer and cook, turning once, until lightly browned, 3 to 5 minutes. Transfer to the prepared baking sheet. Repeat with the remaining eggplant in 2 more batches. Sprinkle the eggplant with $\frac{1}{4}$ teaspoon salt. Let the oil cool; save for another use or discard. Wipe out the skillet.

3. Combine onions, pomegranate molasses, water, tomato paste, $\frac{1}{4}$ teaspoon ginger, sugar and the remaining $\frac{1}{4}$ teaspoon salt in a large saucepan. Cook over medium-high heat, stirring occasionally, until the onions are soft and the juices are thickened, 10 to 15 minutes. Add more water, 2 tablespoons at a time, if necessary to prevent burning toward the end.

4. Spread half the onions in the skillet. Top with half the eggplant, pressing to evenly pack it down. Repeat with the remaining onions and eggplant. Place a plate directly on top to weight the layers down. Bring to a simmer over high heat then reduce heat to maintain a simmer. Cook until the liquid thickens and begins to reduce, about 15 minutes. Remove from heat and carefully remove the plate. Let cool completely, about 2 hours.

5. Meanwhile, combine cherries (or cranberries), cherry juice, vinegar and the remaining $\frac{1}{4}$ teaspoon ginger in the saucepan. Bring to a simmer over medium-high heat and cook for 1 minute. Pour into a bowl.

6. Carefully invert the skillet onto a serving dish. Serve the eggplant topped with the fruit mixture, mint and cilantro.

SERVES 12: $\frac{1}{2}$ cup each

CAL 202 / FAT 16G (SAT 2G) / CHOL 0MG / CARBS 15G / TOTAL SUGARS 9G (ADDED 0G) / PROTEIN 2G / FIBER 4G / SODIUM 113MG / POTASSIUM 327MG

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THE SIMPLE PHILOSOPHY TO “MAKE
FOOD, NOT WAR” GUIDES **KAMAL
MOUZAWAK’S** NETWORK OF CAFES,
FARM MARKETS AND INNS ACROSS
LEBANON. THE RESULT: HE’S
MENDING WARTIME WOUNDS, SAVING
TRADITIONS, EMPOWERING WOMEN
AND SERVING DELICIOUS FOOD.

BREAKING BARRIERS



It's Wednesday, just before 1 p.m. and Beirut's denizens are filling Tawlet's wooden tables. Students shrug off backpacks next to businessmen pulling newspapers from their briefcases. Together, they check the chalkboard for the day's dishes, while waiting for the buffet to open. Jamale, a cook from the town of Batroun, about an hour up the coast, works behind a steel table in the sunlit space. Brow furrowed just below her white headscarf, the sturdy middle-aged woman floats between platters of food, adding final flourishes before the storm of diners ravages her work. She drizzles olive oil over smoky baba ghanoush; strews fresh herbs and pomegranate seeds atop stewed beans; dresses tangy labneh and greens with slivers of almond and a sprinkle of tart sumac. She wipes her hands on her apron, then adds a serving spoon to each dish. The afternoon repast may begin.

**LAUREN
MOWERY**
STORY

**THE RECIPE
HUNTERS**
LOCATION
PHOTOGRAPHY

RECIPES ADAPTED FROM
**KAMAL
MOUZAWAK**

**ELLEN
SILVERMAN**
FOOD
PHOTOGRAPHY



Souk El Tayeb, an organization run by Kamal Mouzawak (*opposite*), operates six restaurants, known as Tawlets, across Lebanon. At each, you'll be treated to a meal of traditional dishes cooked by women like (*below, from left*) Rasha, Caroline, Arabia and Latifa. Rasha is a refugee from Syria who supports her family through opportunities with Souk El Tayeb.



Rima Massoud stretches dough for bread she sells at the Beirut *souk*. She's famous for her bread, as well as preserves made from fruit grown on her farm—one that's been in her family for hundreds of years. Since getting involved with Souk El Tayeb, Massoud has worked to master her village's recipes so she can share them when she cooks in the Beirut Tawlet.



Tawlet, which references both a table and a farmers' kitchen, serves lunch Monday through Saturday. To the casual observer, the laid-back self-service of this Beirut institution belies the importance of the social experiment happening inside. Indeed, the restaurant is based on an unusual premise: Every day, a woman from a different village travels to the city to prepare dishes from her hometown, using market produce. These women hold the secrets to recipes at risk of extinction as the country's youngest generations lose touch with their stovetops. And Lebanese food and travel writer Kamal Mouzawak feels compelled to preserve those recipes.

The first Tawlet opened in Beirut in 2009, but according to Mouzawak, the idea came not from an "aha" moment but rather as an organic extension of a series of projects. The seeds were planted far earlier, not long after Lebanon's bitter civil war ended in 1990. At the time, he became involved with a cultural center in a bullet-riddled house in Beirut. "The idea was to bring people divided by the war together," said Mouzawak. "People who had been enemies the day before flocked to this house for art and culture activities—and this amazed me. It was a great teaching in my life. I understood the importance of having a common ground."

In May 2004, Mouzawak was asked to organize a small produce exhibit for a garden show in Beirut's hippodrome. It proved to be so popular that he secured a permanent space at a weekend flower bazaar, founding the first open-air farmers' market in the capital. The market, called Souk el Tayeb, became a democratic space where people—no matter their origins, politics or wealth—could come together around food on a Saturday morning.

The market begat Mouzawak's next idea: transporting city-dwellers to the countryside to connect with farmers in their villages. "When you live in a city, you're confined to



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WITH CRISPY
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CHICKPEAS
WITH GARLICKY
YOGURT &
TOASTED PITA
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Lebanese Wines TO TRY

You may need to visit a well-stocked wine shop to find them, but Lebanese wines—a mix of Old World grapes and native varieties—are worth seeking out.

Château Ksara, Réserve du Couvent, Bekaa Valley, 2016 (\$15) A full-bodied blend of syrah, cabernet sauvignon and cabernet franc.

Domaine des Tourelles, Vieilles Vignes (Old Vines) Cinsault, 2016 (\$18) A lighter-bodied red made from a grape considered the future of Lebanese wine.

Chateau Musar White, 2007 (\$50) An iconic Lebanese wine; native white grapes obaideh and merwah lend citrus and honey notes.

a box called an apartment. Then we're amazed that people lose contact with nature," he said. The goal was to celebrate local traditions through regional food festivals called Food & Feast. Needing lunch at the festivals, Mouzawak asked village cooks—by default of tradition, always female—to prepare a buffet meal. The success of that venture led to another concept: "Take the model further by opening a restaurant on a daily basis, in a reachable place—Beirut." Thus, the first Tawlet was born.

Driven by an ethos of economically empowering women and small farmers while uniting the country through nourishment, Mouzawak defined his growing organization's slogan as "Make food, not war." With help and vision from business partner Christine Codsí, what started as a single market evolved into a string of six restaurants and four guesthouses (called *beits*) across Lebanon. He's quick to point out, however, that he's not a vegetable vendor, restaurateur or hotelier: "I'm just creating an exchange. Everything we do is a human development project. It's about the people, not the product." That last sentiment may be best exemplified by the work Souk El Tayeb



does in refugee camps. Mouzawak and his team, for example, raised money for women inside the Palestinian refugee camp Burj El Barajneh to fund what is now a thriving food-truck business (see page 4).

Women have benefited the most from Souk El Tayeb. Nearly 700, including Syrian and Palestinian refugees, Christians, Muslims, young and old, have been trained to work across the various businesses. He finds them, said Mouzawak, through referrals, word of mouth, friends, sisters, mothers. When he opened his first B&B, a renovated historical

Drive about 37 miles southeast of Beirut and you'll find yourself in the Shouf Biosphere Reserve, a UNESCO site that protects one of the largest stands of Lebanese cedar trees. Wander the reserve's 155 miles of trails through stands of these magnificent trees, then bed down at Souk El Tayeb's Beit Ammiq guesthouse (pictured here). It overlooks the Bekaa Valley, home to many Lebanese farms and vineyards. Learn more about Souk El Tayeb's restaurants, guesthouses and markets at soukeltayeb.com.

Lebanese home in Douma, he hired Jamale to run the kitchen and guest cooking classes because of her reputation within the village. Asked about her experience of sharing her food, Jamale beamed. "At first I was nervous," she said. "I thought people in the city wouldn't like it. But then they came; they told me it's good. And I was proud."

Mouzawak dreams about taking Tawlet beyond Lebanon's borders—anywhere that women's traditional home-cooked cuisine could be showcased. "It's not about doing more myself. It's about getting more people involved," he said. "It's all about inclusion."

LAUREN MOWERY, J.D., D.W.S., is an award-winning writer and photographer, and contributing travel editor at Wine Enthusiast. She's currently pursuing her Master of Wine certification.



Abu Malik (*right*) stands in a field of wheat in the southern town of Halloussleh. The land has been in his family for hundreds of years. Malik harvests the wheat while it's still green, then smokes it over a fire to make freekeh. His cousin Zeinab Kashmar (*left*) cooks it with fried onions and tops it with chicken and pine nuts to make her signature dish, *friket djej*, at Tawlet Beirut.



FREEKEH WITH GRILLED VEGETABLES (FRIKEH BEL KHODRA)

ACTIVE: 1½ hrs **TOTAL:** 1½ hrs

Soaking the freekeh and cooking it with a load of caramelized onions results in an almost risotto-like texture. Grill up your favorite vegetables in place of the zucchini, carrots and scallions, if you like—or skip the vegetables altogether and serve it as a simple whole-grain side. It's really that good on its own. (Photo: page 80)

- 3 tablespoons corn oil**
- 2 pounds onions, finely chopped**
- 1½ cups cracked freekeh (see page 110)**
- 3 cups water, plus more for soaking**
- 1½ teaspoons salt, divided**
- 2 medium zucchini, sliced diagonally (½ inch thick)**
- 2 large carrots, sliced diagonally (½ inch thick)**
- 8 scallions, trimmed**
- 2 tablespoons extra-virgin olive oil**
- ½ teaspoon ground pepper**

- 1.** Heat corn oil in a large skillet over medium heat. Add onions and cook, stirring occasionally, and reducing the heat if necessary, until very golden brown and almost like a paste, 40 to 45 minutes.
- 2.** Meanwhile, place freekeh in a large bowl and cover with water by 2 inches. Soak, skimming any that floats to the top, for 40 minutes. Drain well.

3. Add the drained freekeh to the caramelized onions and cook, stirring occasionally, until the mixture is just starting to stick to the pan, 2 to 3 minutes. Add 3 cups water and 1 teaspoon salt. Bring to a simmer, scraping up any browned bits. Cook until the water has been absorbed, 20 to 25 minutes. Remove from heat, cover and let stand for 5 minutes.

4. Meanwhile, preheat grill to medium-high.

5. Toss zucchini, carrots and scallions with olive oil, pepper and the remaining ½ teaspoon salt. Grill the vegetables, turning once, until tender, about 3 minutes for the scallions, 6 to 8 minutes for the zucchini and 15 minutes for the carrots.

6. Transfer the freekeh to a serving dish. Serve topped with the vegetables.

SERVES 8: 1 cup each

CAL 249 / FAT 10G (SAT 1G) / CHOL 0MG / CARBS 35G / TOTAL SUGARS 8G (ADDED 0G) / PROTEIN 7G / FIBER 8G / SODIUM 354MG / POTASSIUM 435MG

STEWED OKRA (YAKHNET BEMYIEH)

ACTIVE: 1 hr **TOTAL:** 1½ hrs

Simmered in a tomato sauce fragrant with garlic and cilantro and finished with pomegranate molasses, this might be just the dish that turns okra haters into lovers. (Photo: page 80)

- 4 medium tomatoes**
- ¼ cup canola or corn oil**
- 3 medium onions, finely chopped**
- 1 head garlic, cloves peeled and thinly sliced**

- 1 large bunch fresh cilantro, stems and leaves finely chopped, divided**
- 1½ cups water**
- ½ teaspoon salt**
- Crushed red pepper to taste**
- 1 pound okra, trimmed**
- 1 tablespoon pomegranate molasses (see page 110)**

1. Bring a large pot of water to a boil over high heat. Put a bowl of ice water near the stove.

Cut an X in the bottom of each tomato. Cook the tomatoes until the X begins to split, about 1 minute. Transfer the tomatoes to the ice bath to cool for 30 seconds. Drain, peel and chop.

2. Dry the pot. Add oil and heat over medium heat. Add onions and cook, stirring occasionally, until softened but not browned, about 5 minutes. Add garlic and cook, stirring occasionally, until softened, about 3 minutes. Add the tomatoes, cilantro stems, water, salt and crushed red pepper. Cook, stirring occasionally, until the tomatoes are mostly broken down and the mixture is saucy, about 15 minutes.

3. Add okra and cook, stirring occasionally and adjusting the heat if necessary, until the okra is very tender, 30 to 40 minutes. Stir in cilantro leaves and pomegranate molasses. Serve warm or cold.

SERVES 6: scant 1 cup each

CAL 153 / FAT 10G (SAT 1G) / CHOL 0MG / CARBS 16G / TOTAL SUGARS 6G (ADDED 0G) / PROTEIN 3G / FIBER 4G / SODIUM 211MG / POTASSIUM 513MG

CHARD STALKS IN TARATOR (DLOU' SELEE' MTABALLEH)

ACTIVE: 20 min **TOTAL:** 20 min

TO MAKE AHEAD: Refrigerate sauce (Step 3) for up to 5 days.

Tarator is an easy-to-prepare tahini sauce that often accompanies baked fish, shawarma, falafel or cooked vegetables like these chard stalks.
(Photo: page 79.)

- 1 pound trimmed chard stalks**
(from about 4 large bunches)
- 1 clove garlic, chopped**
- ¼ teaspoon salt**
- ½ cup tahini**
- ½ cup lemon juice**
- 2 tablespoons extra-virgin olive oil**
- 2-4 tablespoons water**
- 1 tablespoon chopped fresh parsley**

- 1.** Bring a large pot of water to a boil.
- 2.** Strip any tough strings from chard stalks. Cook in the boiling water until tender, 5 to 10 minutes. Transfer to a colander to drain; pat dry.
- 3.** Meanwhile, use a fork to mash garlic with salt to make a paste. Mix in a small bowl with tahini. Gradually whisk in lemon juice: at first it will thicken and turn very hard, but keep mixing! Whisk in oil and enough water to yield a consistency for drizzling.
- 4.** Arrange the chard on a platter. Drizzle with ¼ cup sauce and sprinkle with parsley. Serve with more of the sauce on the side, if desired.

SERVES 6: ⅔ cup each

CAL 48 / FAT 3G (SAT 0G) / CHOL 0MG / CARBS 4G / TOTAL SUGARS 1G (ADDED 0G) / PROTEIN 2G / FIBER 1G / SODIUM 182MG / POTASSIUM 313MG.

PUMPKIN KIBBEH (KEBBET LAA'TIN)

ACTIVE: 2 hrs **TOTAL:** 2 hrs

(plus overnight soaking for chickpeas)

TO MAKE AHEAD: Refrigerate for up to 3 days or freeze for up to 3 months.

"Kibbeh" describes dishes made with bulgur, onions and spices. That mixture is combined with everything from tomatoes to goat. It's layered and baked, shaped into balls or footballs, stuffed, deep-fried or eaten raw. This vegetarian version is made with pumpkin and stuffed with seasoned greens. Sorrel adds a lemony flavor, but you can use chard or kale and add 1 tablespoon of lemon juice to the filling. Use fine bulgur or the texture of the dough will be gritty.

DOUGH

- 2½ pounds pie pumpkin or butternut squash, peeled, seeded and cut into 1-inch chunks (about 6 cups)**
- 1½ cups fine bulgur (see page 110)**
- 2 tablespoons all-purpose flour**
- 1 medium onion, grated**
- ¼ cup finely chopped fresh basil**
- Zest of 1 orange**
- Zest of 1 lemon**
- 1 teaspoon finely chopped fresh marjoram**
- 1½ teaspoons salt**

STUFFING

- 2 tablespoons dried chickpeas**
- 1 tablespoon extra-virgin olive oil**
- ½ medium onion, finely chopped**

2 cups lightly packed finely chopped sorrel, chard or kale

1½ teaspoons ground sumac (see page 110)

½ teaspoon salt

¼ teaspoon baharat spice blend (see page 110)

12 cups canola or corn oil

1. Place chickpeas for stuffing in a bowl. Add enough cold water to cover by 3 inches; let soak for 8 to 24 hours. (Alternatively, place chickpeas in a large saucepan and cover with 3 inches cold water. Bring to a boil and cook for 2 minutes. Remove from the heat. Let stand for 1 hour.)

2. To prepare dough: Bring a large pot of water to a boil over high heat. Add pumpkin (or squash) and cook until very tender, 20 to 25 minutes. Drain and transfer to a large bowl. Mash, then immediately add bulgur and flour; mix well. Mix in grated onion, basil, orange and lemon zest, marjoram and 1½ teaspoons salt. When cool enough to handle, knead well to combine. Set aside.

3. To prepare stuffing: Meanwhile, drain the chickpeas, rub off the skins and break the chickpeas in half. Bring a small saucepan of water to a boil over high heat. Add the chickpeas and cook until tender, about 10 minutes. Drain.

4. Thoroughly dry the large pot. Add olive oil and heat over medium heat. Add onion; cook, stirring occasionally, until tender, 3 to 5 minutes. Add greens; cook, stirring, until wilted, 2 to 3 minutes. Remove from heat and stir in the drained chickpeas, sumac, salt and baharat. Transfer to a bowl. Wash and dry the pot.

5. With wet hands, shape 2 tablespoons of the dough into a ball. Hold it in the palm of your left hand and use your right thumb to press into the center of the dough to make a little bowl. (See *Techniques*, page 116.) Put about 1 teaspoon stuffing in the middle and close the dough over it. Shape the kibbeh like a football and smooth it with wet fingers. Place on a baking sheet. Repeat with the remaining dough and stuffing. After you have about half of the kibbeh shaped, heat canola (or corn) oil in the large pot over medium heat to 350°F. (It takes about 20 minutes to heat the oil.) Continue shaping the kibbeh to make about 32 total.

6. Line a baking sheet with two layers of paper towels. You're going to fry the kibbeh in 4 batches. Add one-fourth of them to the hot oil and cook, turning once or twice, until browned, 3 to 5 minutes. Transfer to the prepared baking sheet. Return the oil to 350°F between batches. Serve the kibbeh at room temperature.

SERVES 16: 2 kibbeh each

CAL 168 / FAT 10G (SAT 1G) / CHOL 0MG / CARBS 19G / TOTAL SUGARS 2G (ADDED 0G) / PROTEIN 3G / FIBER 4G / SODIUM 260MG / POTASSIUM 325MG



PUMPKIN
KIBBEH



CAROB MOLASSES CAKE (SFOUF B' DEBS)

ACTIVE: 10 min **TOTAL:** 1 hr 50 min
(including 1 hr cooling time)

TO MAKE AHEAD: Store airtight at room temperature for up to 1 week.

With all due respect to baklava, we've found a new favorite Lebanese dessert. This rich, moist cake is sweetened with carob molasses and has a hit of anise. We may or may not have fought over it in the Test Kitchen.

- 1 tablespoon tahini
- 1½ cups water
- 2 tablespoons aniseed
- 2 cups white whole-wheat flour
- 1 cup canola oil
- 1 cup carob molasses (see page 110)
or molasses
- 1 tablespoon baking powder
- ¼ teaspoon salt
- 2 tablespoons sesame seeds

1. Preheat oven to 350°F. Coat an 8-inch-square baking pan with tahini. Set aside.

2. Bring water to a boil in a small saucepan. Add aniseed and boil for 1 minute. Remove from heat and let steep for 5 minutes. Strain 1 cup of the aniseed water. (Discard the seeds and any remaining water.)

3. Put flour in a large bowl. Drizzle with oil and stir to combine. Add the aniseed water, molasses, baking powder and salt and mix until smooth. Spread the batter evenly in the prepared pan and sprinkle with sesame seeds.

4. Bake the cake until a toothpick inserted in the center comes out clean, 30 to 40 minutes. Let cool in the pan on a wire rack for 1 hour before cutting into 16 pieces.

SERVES 16: 1 piece each

CAL 243 / **FAT** 15G (SAT 1G) / **CHOL** 0MG / **CARBS** 27G /
TOTAL SUGARS 15G (ADDED 15G) / **PROTEIN** 2G / **FIBER** 2G /
SODIUM 136MG / **POTASSIUM** 321MG



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Removing the spiky leaves of the wild edible plant *akkoub*, which grows in the mountainous areas of the Middle East, is one of the traditional techniques that Souk El Tayeb seeks to preserve.

CHICKPEAS WITH GARLICKY YOGURT & TOASTED PITA (FATTEH HOMMOS)

ACTIVE: 30 min **TOTAL:** 40 min

(plus overnight soaking for chickpeas)

Fatteh means "broken" and signifies a dish of toasted bread pieces mixed with other ingredients. In this version, the yogurt is also "broken" with tahini, garlic and oil. Enjoy it immediately, before the crispy bread gets soggy from the yogurt. (Photo: page 80)

- 1 cup dried chickpeas
- 1 large clove garlic, chopped
- $\frac{3}{4}$ teaspoon salt, divided
- 2 cups whole-milk plain yogurt
- 2 tablespoons tahini
- 1 tablespoon extra-virgin olive oil plus $\frac{1}{2}$ teaspoon, divided
- 3 tablespoons pine nuts
- 1 whole-wheat pita bread, split
- Chopped fresh parsley for garnish

1. Place chickpeas in a large bowl. Add enough cold water to cover by 3 inches and let soak for 8 to 24 hours. (Alternatively, place chickpeas in a large saucepan and cover with 3 inches cold water. Bring to a boil and cook for 2 minutes. Remove from the heat. Let stand for 1 hour.)
2. Drain the chickpeas, transfer to a large saucepan and add water to cover by 2 inches. Bring to a boil over high heat, reduce to a simmer and cook until very tender, about 30 minutes.
3. Meanwhile, preheat oven to 400°F.
4. Using a fork, mash garlic with $\frac{1}{4}$ teaspoon salt to make a paste. Combine in a medium bowl with yogurt, tahini, 1 tablespoon oil and $\frac{1}{4}$ teaspoon salt. Set aside.
5. Heat the remaining $\frac{1}{2}$ teaspoon oil and pine nuts in a small skillet over medium heat. Cook, stirring frequently, until lightly browned, 2 to 3 minutes. Transfer to a small bowl.
6. Place pita halves on the oven rack and bake until crisp and golden, turning once, 6 to 8 minutes total. Let cool slightly then break into pieces.
7. Drain the chickpeas, reserving $\frac{1}{4}$ cup cooking water. Return the chickpeas and the $\frac{1}{4}$ cup water to the pot; stir in the remaining $\frac{1}{4}$ teaspoon salt. Transfer the chickpeas to a shallow serving dish. Top with the reserved yogurt sauce, pita pieces and pine

nuts. Garnish with parsley, if desired. Serve immediately.

SERVES 8: $\frac{1}{2}$ cup each

CAL 203 / **FAT** 10G (SAT 2G) / **CHOL** 8MG / **CARBS** 23G / **TOTAL SUGARS** 6G (ADDED 0G) / **PROTEIN** 9G / **FIBER** 5G / **SODIUM** 299MG / **POTASSIUM** 342MG

GREENS WITH CRISPY ONIONS (HENDBEH B' ZEIT)

ACTIVE: 45 min **TOTAL:** 45 min

Wilted greens topped with fried onions is a mezze must. Bitter dandelion greens are the most flavorful, but chard or kale—really any green or a combination of them—tastes delicious. (Photo: page 79.)

- 20 cups chopped stemmed dandelion greens, chard and/or kale (from about 2 $\frac{1}{4}$ pounds)
- $\frac{1}{4}$ cup extra-virgin olive oil
- 2 medium onions, 1 sliced and 1 finely chopped, divided
- 2 cloves garlic, finely chopped
- 1 large bunch fresh cilantro, stems and leaves chopped, divided
- Juice of 1 lemon
- $\frac{1}{2}$ teaspoon salt

1. Bring a large pot of water to a boil over high heat. Cook greens, in 2 batches, until tender, about 3 minutes per batch. Transfer to a colander to drain and cool. When cool enough to handle, place in a large clean dish towel and squeeze until dry.
2. While the greens cool, dry the pot. Add oil and heat over medium-high heat until shimmering. Add sliced onion and cook, stirring occasionally, until starting to brown, 2 to 3 minutes. Reduce heat to medium and continue cooking, stirring occasionally, until golden and crispy, 5 to 8 minutes more. Transfer to a paper-towel-lined plate with a slotted spoon.
3. Add chopped onion and garlic to the pot; cook over medium heat, stirring occasionally, until starting to brown, 3 to 5 minutes. Add the greens and cilantro stems. Cook, stirring to mix the onions and garlic into the greens, 1 to 2 minutes. Remove from heat and add cilantro leaves, lemon juice and salt. Serve warm or cold.

SERVES 8: $\frac{1}{2}$ cup each

CAL 96 / **FAT** 7G (SAT 1G) / **CHOL** 0MG / **CARBS** 7G / **TOTAL SUGARS** 2G (ADDED 0G) / **PROTEIN** 2G / **FIBER** 3G / **SODIUM** 300MG / **POTASSIUM** 573MG. ♥

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WHEN COOKBOOK
AUTHOR **LOUISA SHAFIA**
FINALLY VISITED PERSIA
SHE DISCOVERED
AUTHENTIC FLAVORS,
A DEEPER CONNECTION
TO FAMILY AND A
NEW PERSPECTIVE
ON HER IDENTITY

IRAN CALLING

If I didn't look so much like my dad's side of the family, I may have never visited Iran. My father grew up in Tehran but left decades ago, and has never returned. Growing up, my tenuous connection consisted mainly of hearing my father speak to relatives on the phone in the upward-arching cadences of Farsi, and gathering with other Iranians each spring in the Philadelphia suburbs to celebrate the Persian New Year, Nowruz.

But I ran headlong into my Persian heritage when I began cooking at a restaurant in San Francisco. When I was asked to create a new menu item, I wanted it to stand out, and a voice in my head told me to make *fesenjan*, a beloved Persian stew made from ground walnuts and pomegranate molasses. From then on, I prepared dishes packed with ingredients like saffron, pomegranates, dried limes, rose petals and tamarind. I was overwhelmed with nostalgia by the flavors and aromas and felt a strong desire to bring this little-known cuisine to more people's attention. I needed to follow these flavors to their origin.

**LOUISA
SHAFIA**
STORY, RECIPES &
LOCATION PHOTOGRAPHY

**ERIC
WOLFINGER**
FOOD
PHOTOGRAPHY



PERSIAN RICE
PIE, P.94

I dreamed of visiting Iran but it felt like a dead-end dream. There were years of challenges with citizenship and paperwork—and resistance from my dad. Finally in 2014, there I was, getting off a plane in Tehran. It was mid-May, the time of year called *ordibehesht*, “month of Heaven,” because the weather is so fine and everything is in bloom.

That first day, I joined a gaggle of cousins on a trip to the Tajrish Bazaar to gather ingredients for that evening’s feast. Vendors lined the passageways of the cavernous bazaar, each with their name marked above in white Arabic script against blue mosaic tiles. There were fresh white mulberries, round yellow dates still on the stem and bags of freshly shelled fava beans. I learned how to ask, “May I take a picture?” in Farsi, and the vendors bemusedly obliged.

Later in my cousin Parvaneh’s kitchen, I sat at a table with a bowl of grape leaves and a pot of ground lamb seasoned with onions, tart barberries, turmeric and a bouquet of herbs. I spooned the filling onto each grape leaf, wrapped it up and stacked the tiny, army-green presents in a leaf-lined pot. Nearby, my cousin Setareh grated walnuts over a plate of cucumber yogurt with dried mint.

When we sat down to feast, the table was heavy with plates of food—rice with fava beans, dill and hunks of lamb on the bone; a platter of herbs with feta and radishes; lavash from the bakery downstairs; and pickled vegetables so sour they made me blink. Everyone filled their plates and found a perch on the couches and chairs around the room.

After dinner, Parvaneh broke out photo albums from the ’60s, with everyone looking young and chic, posed on the roof of the old family home in Tehran. There were pictures of my dad, brown and angular, in front of the white house with grapevines winding down the wall behind him. She had pictures of my sister and me as kids in Philadelphia that I had never seen: I was just discovering these

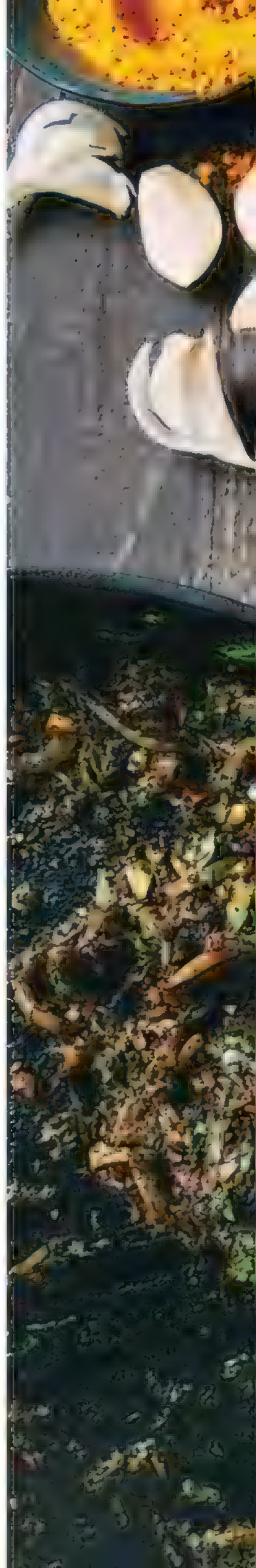
members of my family, but they had known about me all along.

Throughout the next month, I traveled the country alone, meeting up with hosts who I connected with through friends and professional colleagues. In the oil town of Bandar Abbas on the Persian Gulf, my friend’s cousin, Mehrdad, took me to the bustling fish market to gather ingredients for a spicy tamarind shrimp stew in the early-morning hours before the day got too hot. In laid-back Shiraz, I learned from an imperious home cook about southern staples like curry powder, ginger and okra. She taught me to make roasted fish stuffed with tamarind-seasoned onions and fenugreek leaves. In Gilan Province, the green, coastal swath that hugs the Caspian Sea, my local guide, Sharare, invited me to cook with her mom, Azam. She was a master of the garlicky, sour cuisine of the region, and together we made rice and three kinds of stew, including two chicken stews—one sour and packed with herbs and a sweet one with dried apricots and plums—along with a spinach stew brightened by *verjus* and the juice of sour oranges. Azam and her husband made me feel like a member of the family, teaching me as much about Persian hospitality as about the cuisine.

Back in Tehran, on my last day, Parvaneh took me to the house where my dad grew up. In an old section of the city crowded with commerce, we turned down a quiet side street and there it was, with the same grapevines growing by the door. I posed in front for a photo, the vines behind me flush with young green fruit. My dream of visiting: finally fulfilled.

LOUISA SHAFIA is the author of the award-winning cookbook *The New Persian Kitchen*. When she is not writing about food, Shafia hosts Iranian dinners as a guest chef at restaurants around the country and in her current hometown of Nashville.

More than 8 million people live in Iran’s capital city, Tehran, where Shafia started her journey.





Shafra made these stuffed fish with a group of women in Shiraz, a day's drive south from Tehran toward the Persian Gulf. Ginger, hot chiles and tamarind feature predominantly in dishes like this one because of the region's proximity to Pakistan and India.

OVEN-ROASTED FISH WITH ONION, LEMON, FENUGREEK & CILANTRO (MAHI-E SHEKAM POR)

ACTIVE: 40 min **TOTAL:** 1¼ hrs

Cooking whole fish is easy—most fish markets sell them already cleaned and butterflied with the backbone and rib bones removed. (If not, ask the fishmonger to do it for you.) Leaving the head and tail intact makes them easy to work with—and the presentation at the table is impressive. A flavorful stuffing made with tangy tamarind and aromatic herbs is a great foil for the mild fish.

FILLING

- 3** tablespoons extra-virgin olive oil
- 1** medium onion, thinly sliced
- 2** cups finely chopped fresh cilantro
- 1** cup fresh fenugreek leaves or ¼ cup dried (see page 110)
- 2** medium heads garlic, minced
- 1** 1-inch piece fresh ginger, peeled and minced
- ¼** cup tamarind paste or concentrate (see page 110)
- 1** tablespoon tomato paste
- 1** teaspoon ground turmeric
- ½** teaspoon cayenne pepper or crushed red pepper
- ½** teaspoon salt

FISH

- 2** lemons, cut into ¼-inch rounds
- 1** medium onion, cut into ¼-inch rounds
- 2** whole red snapper (about 1 pound each), cleaned, with head and tail intact
- 2** tablespoons extra-virgin olive oil
- 1** teaspoon salt
- 2** tablespoons water

1. To prepare filling: Heat 3 tablespoons oil in a large skillet over medium heat. Add thinly sliced onion and cook, stirring often, until starting to brown, 3 to 6 minutes. Reduce heat to medium-low and cook, stirring often, until the onion is dark golden brown, 10 to 15 minutes.

2. Add cilantro, fenugreek, garlic, ginger, tamarind, tomato paste, turmeric, cayenne (or crushed red pepper) and ½ teaspoon salt. Cook, stirring occasionally, until the cilantro is very soft, 1 to 2 minutes. Remove from heat.

3. To prepare fish: Position rack in upper third of oven; preheat to 400°F. Line a rimmed baking sheet with foil.

4. Place half of the lemon and onion rounds in a single layer in the middle of the prepared pan. Rub each fish inside and out with oil and salt. Divide the filling between the fish, spooning it into the cavity; stuff with the remaining lemons and onions. Lay the fish side by side on the lemons and onions on the pan. Drizzle water around them and cover the pan tightly with foil.

5. Bake for 12 minutes. Remove the foil and continue baking until the fish are just cooked through, about 15 minutes more.

SERVES 6: 4 oz. fish & ¼ cup filling each

CAL 317 / **FAT** 19G (SAT 3G) / **CHOL** 67MG / **CARBS** 13G / **TOTAL SUGARS** 5G (ADDED 0G) / **PROTEIN** 24G / **FIBER** 2G / **SODIUM** 475MG / **POTASSIUM** 659MG





Like its cousins *tzatziki* and *raita*, *borani* (left & above) is a condiment made with yogurt and vegetables meant to accompany a meal. Though not authentic, it would be delicious wrapped up with the liver kebabs (right).

YOGURT WITH BEETS (BORANI CHOQONDAR)

ACTIVE: 10 min **TOTAL:** 1 hr 10 min

TO MAKE AHEAD: Prepare through Step 3 and refrigerate for up to 3 days.

Borani can be made with anything from spinach to eggplant to carrots. This version gets its shockingly pink color from grated beets. Make it ahead—the longer it sits, the better it tastes.

- 1 medium red beet
- 3 tablespoons extra-virgin olive oil, divided
- 1 tablespoon dried mint plus 1 teaspoon, divided
- 1 teaspoon minced garlic
- $\frac{3}{4}$ teaspoon salt
- 2 cups whole-milk plain Greek yogurt
- $\frac{1}{2}$ teaspoon ground pepper

1. Preheat oven to 425°F.
2. Wrap beet in foil and roast in a small baking pan until tender when pierced with a knife, 40 to 50 minutes. Unwrap and let cool; peel and grate using the large holes of a box grater.
3. Transfer the grated beet to a large bowl and stir in 2 tablespoons oil, 1 tablespoon mint, garlic and salt. Let stand for 5 minutes. Fold in yogurt and pepper. Cover and let stand at room temperature for 1 hour or refrigerate for up to 3 days.
4. Serve topped with the remaining 1 tablespoon oil and 1 teaspoon mint.

MAKES: 3 cups (2-Tbsp. serving)

CAL 40 / **FAT** 3G (SAT 1G) / **CHOL** 3MG / **CARBS** 2G / **TOTAL SUGARS** 1G (ADDED 0G) / **PROTEIN** 2G / **FIBER** 0G / **SODIUM** 86MG / **POTASSIUM** 56MG

GRILLED LIVER KEBABS (JIGAR)

ACTIVE: 30 min **TOTAL:** 3½ hrs (including 3 hrs marinating time)

EQUIPMENT: 4 metal skewers

Made with just about any kind of meat, kebabs are classic Iranian street food. Lamb is the predominant red meat eaten in Iran, and its liver is a delicacy. Lemon, garlic and fresh basil nicely balance the liver's mineral flavor

- 4 teaspoons cumin seeds
- 2 tablespoons extra-virgin olive oil, plus more for serving
- 4 cloves garlic, minced
- 1 teaspoon salt
- $\frac{1}{2}$ teaspoon ground pepper
- 1 pound lamb livers or chicken livers, cut into 1-inch pieces
- 24 fresh basil leaves
- 4 whole-wheat lavash, halved
- 2 tablespoons lemon juice

1. Toast cumin seeds in a small skillet over medium heat until fragrant, about 2 minutes. Transfer to a plate and let cool, then grind with a mortar and pestle or in a clean dry spice grinder.
2. Mix the ground cumin with oil, garlic, salt and pepper in a medium bowl. Add livers and stir to coat. Cover and refrigerate for at least 3 hours or up to 24 hours.
3. Preheat grill to high.
4. Thread the livers onto 4 metal skewers. Oil the grill rack. Grill the livers, turning once, until just cooked through, 3 to 5 minutes total.
5. Divide the livers and basil among lavash halves. Drizzle with lemon juice and more oil, if desired.

SERVES 8: about 2 oz. liver & $\frac{1}{2}$ lavash each

CAL 236 / **FAT** 7G (SAT 2G) / **CHOL** 210MG / **CARBS** 25G / **TOTAL SUGARS** 1G (ADDED 1G) / **PROTEIN** 16G / **FIBER** 5G / **SODIUM** 445MG / **POTASSIUM** 213MG



Author Louisa Shafia (back center) and her family stop for a photo while shopping in Tehran's Tajrish Bazaar.

PERSIAN RICE PIE (TAH CHIN)

ACTIVE: 1 hr 20 min **TOTAL:** 4 hrs

The bottom layer of this rice pie is all tahd g—the delectable, crispy golden rice that is the highlight of an Iranian meal. Cooking the pie on the stove-top before it goes into the oven gives the rice its signature crunch. (Photo: page 89.)

- 9 tablespoons extra-virgin olive oil, divided**
- 1 teaspoon ground turmeric**
- 2½ teaspoons salt, divided**
- 1¾ teaspoons ground pepper, divided**
- 6 bone-in chicken thighs, skin removed**
- ¼ cup dried barberries or dried sour cherries (see page 110)**
- 5½ cups water plus 1 tablespoon, divided**
- 1 large yellow onion, chopped**
- 3 cloves garlic, minced**
- 1 teaspoon ground cinnamon**
- 2½ cups brown basmati rice**
- 1 teaspoon ground saffron (see page 110)**
- 3 large eggs**
- 3 cups whole-milk plain Greek yogurt**
- 2 teaspoons lemon zest**
- 2 tablespoons lemon juice**
- 2 tablespoons melted butter**

- 1.** Preheat oven to 400°F.
- 2.** Combine 2 tablespoons oil and turmeric in a large bowl with 1 teaspoon each salt and pepper. Add chicken and turn to coat. Transfer the chicken to a rimmed baking sheet. Bake, turning once, until an instant-read thermometer inserted in the thickest part without touching bone registers 160°F, 25 to 30 minutes total. Transfer the chicken to a clean cutting board and let cool for 5 minutes. Reserve the pan. Remove the meat from the bones and cut into 1-inch pieces.
- 3.** Meanwhile, soak barberries (or cherries) in ¼ cup hot water for 30 minutes.
- 4.** Heat 3 tablespoons oil in a large cast-iron skillet over medium heat. Add onion and cook,

stirring occasionally, until lightly browned, 10 to 12 minutes. Add garlic and cinnamon; cook, stirring, for 1 minute. Transfer to a medium bowl. Wipe out the pan.

5. Bring 5 cups water to a boil in a medium saucepan over high heat. Add rice and 1 teaspoon salt. Cook 5 minutes; drain and set aside.

6. Combine the remaining 1 tablespoon water and saffron in a large bowl. Let stand for 5 minutes. Whisk in eggs, yogurt, lemon zest, lemon juice and the remaining ¾ teaspoon each salt and pepper.

7. Add 1½ cups of the yogurt mixture to the onion. Drain the barberries (or cherries) and add to the onion. Stir in the chicken. Spread the reserved rice on the baking sheet, scraping up any browned bits left from the chicken, then stir it into the remaining yogurt mixture in the large bowl. Let the chicken and rice mixtures marinate at room temperature for 1 hour.

8. Preheat oven to 375°F.

9. Heat the remaining 4 tablespoons oil in the skillet over medium-low heat. Spread half of the rice mixture over the bottom and up the sides of the pan. Spread the chicken mixture over the rice, leaving a 1-inch border around the edge. Top with the remaining rice mixture, smoothing the top with a spatula. Pour butter over the top. Being careful of the hot pan, cover tightly with foil. Cook for 5 minutes.

10. Transfer the pan to the oven. Bake for 1½ hours.

11. Let the pie cool in the pan for 15 minutes. Remove the foil and run a knife around the edge to loosen the pie. Place a flat serving platter on top of the pan and carefully invert to release the pie from the pan.

SERVES 12: 1 cup each

CAL 430 / FAT 23G (SAT 6G) / CHOL 137MG / CARBS 33G / TOTAL SUGARS 5G (ADDED 0G) / PROTEIN 25G / FIBER 2G / SODIUM 506MG / POTASSIUM 298MG



CHICKEN STEW WITH GREEN HERBS & CITRUS (MORGH-E TORSH)

ACTIVE: 1½ hrs **TOTAL:** 1½ hrs

I learned to cook this recipe in Rasht, the capital city of Gilan Province. As happened to me often in Iran, when my tour guide Sharare found out I was interested in food, she invited me home to cook with her mom. In their small kitchen we prepared this stew. It's traditionally made with sour oranges, which are prolific in Iran—if you find them, use the juice of two in place of the citrus called for here.

- 3 cups water**
- ½ cup yellow split peas, rinsed**
- 1½ teaspoons ground pepper, divided**
- 1¼ teaspoons salt, divided**
- 1 teaspoon ground turmeric**
- 6 bone-in chicken thighs, skin removed**
- ¼ cup extra-virgin olive oil**
- 1 large onion, diced**
- 3 cups coarsely chopped fresh cilantro**
- 2 cups packed fresh parsley**
- 3 cloves garlic**
- 8 cups spinach, chopped**
- 2 tablespoons dried mint**
- Juice of 1 orange, 2 lemons & 2 limes**
- 2 large eggs**

- 1.** Combine water and split peas in a medium saucepan; bring to a boil over high heat. Reduce heat to maintain a simmer and cook until just tender, 30 to 40 minutes. Drain in a colander over a bowl, reserving the cooking liquid.
- 2.** Meanwhile, combine 1 teaspoon each pepper and salt with turmeric in a small bowl. Sprinkle both sides of chicken with the spice mixture. Heat oil in a large skillet over medium-high heat. Add the chicken and cook, turning once, until browned, 10 to 12 minutes total. Transfer to a plate. Reduce heat to medium and add onion; cook, stirring occasionally, until very soft and golden, 10 to 15 minutes.
- 3.** Combine cilantro, parsley, garlic and 3 tablespoons of the split peas in a food processor. Process until mostly smooth, scraping down the sides as needed.
- 4.** Add spinach and mint to the skillet; cook, stirring occasionally, until the spinach is completely wilted, 3 to 5 minutes. Add the reserved cooking liquid and cook, scraping up any browned bits, for 1 minute. Stir in the cilantro mixture along with the remaining split peas, ½ teaspoon pepper and ¼ teaspoon salt. Nestle the chicken into the sauce and bring to a boil over medium-high heat. Reduce heat to low, cover and simmer for 30 minutes.
- 5.** Transfer the chicken to a plate. Add orange, lemon and lime juices to the sauce. Whisk eggs in a medium bowl. Add 1 cup of the sauce to the eggs and whisk until well combined. Return the egg mixture to the pan and cook, stirring occasionally, until very thick, 5 to 10 minutes. Return the chicken to the pan and cook until hot, about 5 minutes more.

SERVES 6: 1 chicken thigh & ½ cup sauce each

CAL 418 / **FAT** 21G (SAT 5G) / **CHOL** 216MG / **CARBS** 20G / **TOTAL SUGARS** 3G (ADDED 0G) / **PROTEIN** 37G / **FIBER** 7G / **SODIUM** 685MG / **POTASSIUM** 988MG



CUCUMBER & POMEGRANATE SALAD (SALAD-E KHIAR-O ANAR)

ACTIVE: 20 min **TOTAL:** 20 min

A platter of herbs, scallions and feta is typically served alongside Persian meals in lieu of a Western-style green salad. They are meant to be folded into flatbread as an accompaniment to a meal (or sometimes as the meal itself). This salad is a riff on that, with pomegranate seeds and cucumbers mixed in.

- 2 large cucumbers**
- 3 cups chopped fresh cilantro**
- 1 cup pomegranate seeds**
- 3 tablespoons extra-virgin olive oil**
- 2 tablespoons lime juice**
- 1 scallion, thinly sliced**
- ½ teaspoon salt**
- ¼ teaspoon ground pepper**
- ½ cup crumbled feta cheese**

Peel cucumbers and halve lengthwise. Remove seeds; cut into ¼-inch slices. Combine the cucumber in a large bowl with cilantro, pomegranate seeds, oil, lime juice, scallion, salt and pepper. Serve topped with feta.

SERVES 5: 1 cup each

**CAL 162 / FAT 12G (SAT 3G) / CHOL 13MG / CARBS 11G /
TOTAL SUGARS 7G (ADDED 0G) / PROTEIN 4G /
FIBER 3G / SODIUM 378MG / POTASSIUM 311MG**



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TRACING a SOUP'S

I learned to make this Herbed Yogurt-Rice Soup from a woman named Chamala, a meticulous cook who lives with her husband and children in Sheki, a beautiful old town in Azerbaijan. Along with the former Soviet states Georgia and Armenia, Azerbaijan is wedged between Russia, Turkey and Iran in a mountainous region known as the Caucasus. Located between three historic empires—Russian, Persian and Byzantine—the Caucasus has over the centuries suffered invasions and conquests. Borders have shifted and people, too, have been moved, sometimes forcibly. Today the Caucasus is not considered part of the Middle East by most geographers. But when you trace the origins of this soup, the ties are clear.

Yogurt was likely introduced throughout the region by nomadic shepherds. So yogurt soups, served cold and warm, can be found everywhere from North Africa to Iran to Turkey. In the Caucasus, each country has at least one take on it. In Armenia, it's often made with cooked potatoes and pureed squash or pumpkin enriched with yogurt. In Georgia, tangy local yogurt (*matsoni*) is simply thickened with a little egg and flour. All of these soups are flavored with lots of chopped herbs, characteristic of Caucasian cuisines and of northern Iranian cooking as well.

In the last 100 years, Sheki has been part of Georgia, then of Azerbaijan, but earlier it was controlled by the Persians, whose influence extended from Turkey to India. Azerbaijan shares a border and local culture with northwest Iran and has a big rice-growing area along the Caspian Sea. That may explain why, unlike the Georgian and Armenian versions, Chamala's soup is thickened with rice as well as an egg.

In the heat of summer, Chamala cooks outside. Like most houses in Azerbaijan and Georgia, hers has a covered balcony where herbs are hung to dry. When I was there in October, we worked in her kitchen, chopping herbs and watching the yogurt to make sure it cooked at a slow, steady heat without boiling. Chamala had gone to the lively market in Sheki to get the yogurt. The soup tasted delicious when it came off the stove, but it transformed when she sprinkled several lines of ground cinnamon on top, a Persian touch and a reminder that cultural and culinary borders transcend the geographical and political ones.

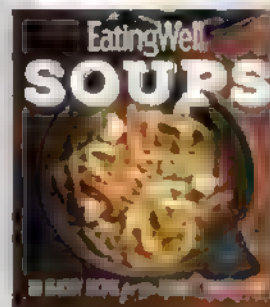
NAOMI DUGUID's most recent book is *Taste of Persia: A Cook's Travels Through Armenia, Azerbaijan, Georgia, Iran and Kurdistan*.

ROOTS

BY NAOMI DUGUID

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Herbed Yogurt-Rice Soup

ACTIVE: 30 min **TOTAL:** 1 hr 5 min

The grains of rice disappear into the yogurt as it's simmered and stirred, thickening the soup and giving it substance.

- | | |
|--|---|
| 4 cups whole-milk plain yogurt | 2 cups chopped fresh herbs, such as mint, cilantro, chervil, dill, parsley and/or basil, plus more for serving |
| ½ cup short-grain brown rice, rinsed | 2 cups chopped watercress or arugula |
| 3 tablespoons rice flour or 2 tablespoons all-purpose flour | 1 teaspoon salt |
| 1 large egg | Ground cinnamon for serving |
| 3 cups water, plus more as needed | |

1. Whisk yogurt, rice, flour and egg in a large pot. Place over medium heat and cook, whisking constantly, for 1 minute. Add 3 cups water and bring to a simmer over high heat. Reduce heat to maintain a simmer and cook, whisking frequently to keep the rice from sticking to the bottom of the pot, until the rice is soft and the soup has thickened, 45 to 50 minutes.

2. Add herbs, watercress (or arugula) and salt. Cook, stirring occasionally, until the greens are softened, about 2 minutes. Stir in ¼ cup water if the consistency is too thick. Serve warm or chilled, topped with cinnamon and more herbs, if desired.

SERVES 6: 1 cup each

CAL 186 / **FAT** 7G (SAT 4G) / **CHOL** 52MG / **CARBS** 24G / **TOTAL SUGARS** 8G (ADDED 0G) / **PROTEIN** 9G / **FIBER** 2G / **SODIUM** 486MG / **POTASSIUM** 365MG. ♡

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Tossing food—whether it’s perfectly good or past its prime—makes us feel terrible. Think of the environmental impact! The farmer who grew that produce! The money down the drain! So why do we do it? *EatingWell* examines the psychology of food waste.

BY RACHAEL MOELLER GORMAN • PHOTOGRAPHY BY CHIP SIMONS

Here’s what my kitchen looks like at 8:32 a.m. most mornings: cereal squares engorged with lukewarm milk float in plastic bowls perched on the sink’s edge; browning, bitten apple slices litter a plate; the dog sniffs under the kitchen stools, trying to lick up a pile of oats that the 3-year-old dropped on the floor while “making her own breakfast”; half a mushy banana relaxes on the back of the living room couch. The big kids have just left in a puff of dust to catch the bus, and the little one is staring up at me, pajamas encrusted with oatmeal, asking to go outside and blow bubbles.

And guilt oozes out of me. Especially now. I am in the middle of writing this story on food waste—full of knowledge and insight into why we do it and how not

to—yet here I am, waist-deep in wasted breakfast. I try to cut the brown part off the apple, but then there’s nothing left. I manage to rescue some of the banana for a future smoothie. But the bloated breakfast cereal? I’m sorry, *no*. A look inside my fridge reveals even more food crimes—three-day-old leftovers from a dinner no one liked, a half-bunch of slimy cilantro from last week’s burritos, and old, stale rolls from a weekend barbecue. Almost all of this food will eventually end up in my trash can, and I’m always at a loss as to how it happens.

The fact is, about 40 percent of all the food produced in the United States ends up being tossed, according to a recent report from the National Resources Defense Council (NRDC). Let’s sit with that number for a minute. That means 8 out of every 20 slices of

bread, 5 eggs per dozen, a breast and a leg from every rotisserie chicken—produced with the same amount of energy, water, food and fertilizer as the 60 percent we *do* eat—dumped into a landfill to rot. Food waste is also at an all-time high—50 percent greater than it was in the 1970s.

And much of it is happening under our watch. Households throw out more food than grocery stores and restaurants combined, accounting for 43 percent of total food waste. To put it in more salient terms, a family of four chucks \$1,800 worth of food a year, according to an analysis by the non-profit organization Rethink Food Waste

Through Economics and Data (ReFED). Yet 75 percent of us believe we waste *less* than the average American. “People don’t know they’re doing it. They don’t think they’re the problem,” says food-waste expert Dana Gunders, M.S., who authored the NRDC report that kick-started the national conversation about this issue back in 2012, as well as last year’s follow-up study. What’s more: research shows that health-conscious people and those concerned about foodborne illness are the worst culprits.

Of course, growing food that no one eats isn’t just hard on our wallets, it’s also hard on the environment. Twenty-one percent

of agricultural water in the U.S. goes to food that gets wasted, 19 percent of croplands grow produce that’s later tossed, and 21 percent of landfill content is rotting food—which in turn produces a whole lot of methane, a greenhouse gas 21 times more potent than carbon dioxide. (The problem is so great that some states have begun regulating it. Vermont—*EatingWell*’s home state—for one, is banning food from entering landfills after 2020.) As a final flourish on this ethical quagmire, experts estimate that we could feed all the hungry people in the U.S. with less than a third of the food we throw out.

Given the terrible consequences of

EAT IT OR TOSS IT?

**MOLDY
CHEDDAR**

EAT IT!

FOR HARD CHEESES LIKE THIS, JUST CUT OFF THE MOLD AND A SMALL MARGIN OF THE UNTAINTED CHEESE AROUND IT. FURRY SOFT CHEESES, LIKE BRIE, NEED TO BE TOSSED.



tossing so much food—an estimated 68 percent of which is edible—why do we do it? It seems irrational, and researchers note that almost everyone feels bad about it—which is why they've been turning to psychology

LABEL DATE TERMS DECODED

Confusion over phrases like “use by” and “sell by” causes a tremendous amount of waste—in part because there are no standardized definitions for them. (See “A Future with Less Waste” on page 106 for more on this.) Knowing what these labels really mean could set your mind at ease and save you a whole lot of food.

Sell by: This label is meant for the *retailer*, not you. It lets the folks who stock the grocery store shelves know that a product shouldn't be sold after that date to ensure peak quality, and it gives consumers time—usually about a week, depending on the item—to eat it once they bring it home. It's *not* an indication of food safety.

Best by, or Best before: Terms like these indicate the food company's *best guess* as to how long the product will keep at its peak quality. They don't have anything to do with safety.

Use by: OK, this one *is* confusing. Both the FDA and USDA say that, like “best by,” the phrase “use by” has to do with quality, and isn't related to safety except for infant formula. However, new guidelines from the Grocery Manufacturers Association (GMA) and Food Marketing Institute (FMI) define “use by” as a hard cutoff date—after which the product may *not* be

safe. Because these conflicting recommendations are voluntary, there's no way to know whether that bag of baby spinach carries the FDA's definition of “use by” (it's OK to eat after that date) or GMA's/FMI's (it's not).

What's *not* on the label that you should know: No matter what phrase you see, experts say not to freak out and automatically toss a food because it's approaching or just over the label date. Use your best judgment. Eyeball it. Give it a sniff. If it doesn't look spoiled, have an off odor and has been stored properly it's probably fine. A few exceptions: If you're pregnant or have a compromised immune system it's not worth the risk. Also, deli meat, uncooked hot dogs, unpasteurized milk, soft cheeses, raw sprouts, melons and smoked seafood can harbor *Listeria*—bacteria you can't see or smell—even at fridge temperatures. Don't take any chances with those.

to explain the web of choices, thoughts and feelings that result in discarded food. Turns out, we don't waste because we're lazy, gluttonous, indifferent or spoiled. Each of us does it for our own, often subconscious reasons—making a one-size-fits-all solution impossible. But based on the common mental pitfalls here, there are plenty of ways we can all do better.

Grocery Shopping Mind Games

Victoria Ligon, M.S., is a consumer science researcher at the University of Arizona in Tucson who became curious about food waste in 2011—a pretty obscure topic back then. On a whim, she attended a lecture by a garbologist (yep, that's an actual field of study) at the university, who had performed anthropological studies on people's trash—picking through garbage to see how much of it was food. “I remember being totally fascinated by his talk,” says Ligon. “The psychological issues related to food discard were especially interesting. I remember him saying that his grad students would literally watch people scrape plates of food into the trash as they proclaimed that in their family they ate leftovers and never wasted.”

That cognitive dissonance struck her, and she decided to look into exactly what runs through our minds as we gather, prepare and clean up the food that fuels our bodies—with an eye to waste. In 2014, she published the results of a study that had asked people in-depth questions about their shopping, prepping and discarding habits. Some interesting observations emerged. First, people tended to shop only about once a week, and at a bunch of different stores. They spent a considerable amount of time getting it done, and found it exhausting having to navigate huge stores filled with tens of thousands of options (choice overload!).

But the major finding was this: because people shopped so infrequently, they bought too much food, a lot of which got tossed. “At the most basic level, household food waste happens because the modern American tendency to shop infrequently is at odds with basic human abilities to predict future food consumption needs,” Ligon explains. It's called “inaccurate affective forecasting.” People have a hard time knowing what they'll want and feel a few days down the line. And planning meals for a whole week—and sticking to that plan—is practically impossible. We overestimate, for example, our desire for variety—so we buy a bunch of different breakfast foods, but end up eating pretty much the same thing each morning. Life plays a role too. We may plan to make pasta with vegetables for dinner on Wednesday, but come Wednesday night we get home late and don't have time to cook, or the kids insist on something else, and those veggies wither and end up in the trash a few days later.

Danesha Collins, a mom and technical writer outside of Boston, can relate. “It's

EAT IT OR TOSS IT?

GRAY GROUND BEEF

EAT IT!

AS LONG AS IT'S BEEN REFRIGERATED PROPERLY AND DOESN'T SMELL FUNKY, GRAYING HAPPENS WHEN FRESH, CHERRY-RED GROUND BEEF GETS EXPOSED TO LIGHT AND OXYGEN FOR A WHILE (THEY ALTER THE PIGMENTS THAT COLOR IT). BUT THE COLOR ALONE DOESN'T TELL YOU WHETHER OR NOT IT'S BAD.



THE TOP 5 WASTED FOODS

AND WHAT TO DO WITH THEM BEFORE THEY GO OVER THE EDGE

1. Dairy products Most dairy is pasteurized, making it very safe. Give it the sniff test before you toss it. Extra cheese (like shredded mozzarella) and yogurt can also be frozen.

2. Vegetables Makes sense—this is all highly perishable stuff. About-to-turn produce is great in dishes like stir-fries, soups and omelets that wilt the veggies anyway.

3. Fruit Bag it, date it and freeze it for smoothies or jam. Or cook it down into a compote or make salsa to serve alongside meat or fish.

4. Grain products Cooked grains are the biggest culprit here, so try using leftover rice or quinoa in a breakfast bowl with veggies and a fried egg. Sliced bread can be frozen and later toasted. Blitz stale bread in the food processor and freeze for the next time you need homemade breadcrumbs.

5. Meat, poultry and fish Make stews or chilis—anything that fully cooks the protein and can then be frozen. Or cook meat and poultry thoroughly and freeze for tacos.

funny because when I waste food it's most often because I've gotten bored with the usual meals we eat. So I buy all these wonderful things that go into a new recipe," she says. "Inevitably, I don't have time to make it. And those ingredients sit in my refrigerator until they go bad—or I throw them away, just to stop stressing about them."

People also overbuy when they feel resources are abundant, which they generally are in America. Homes are more than double the size they were decades ago, kitchens have more storage and fridges are bigger (22.5 cubic feet versus 19.6 in 1980). So we fill them up, which provides more opportunity for food to go bad and be wasted. Research shows that big bulk food stores like Costco encourage us to buy larger amounts, as well, since the items tend to be cheaper on a per-serving basis, even though food is already the cheapest it's been in modern history. Grocery store promotions (buy one, get one free!) lead to overpurchasing too. "It's kind of a perfect storm," says Ligon. "We have this situation where the pain of throwing away food is not that strong because it wasn't that expensive in the first place and you can just go buy more."

And when jumping at these bargains, people don't take into account the cost of the food they inevitably waste. "We are very price-sensitive about specific purchases, but most people have very little sense of their grocery budget overall," says Ligon. So when we see a BOGO on strawberries, we're prone to stock up because we think we're saving money, even if we could never eat them all before they go bad. In many ways, then, we aren't consciously making the decision to overbuy. Our shopping habits and work-life craziness coax us into the land of waste.

The Foodie Effect

For some of us, however, personal identity can encourage overbuying. In 2016, Vivianne Visschers, a senior researcher of consumer behavior at the technical institute ETH Zurich, analyzed data from 796 households in Switzerland—people who wanted to reduce waste, but were conflicted. Many also wanted to see themselves as "good providers" and agreed with questions like, "It would be embarrassing to me if my guests ate all the food I had prepared for them. They would probably have liked to eat more," or "I like to provide a large variety of foods at shared mealtimes so that everyone can have something he or she likes." Her study found that the "good providers" ended up wasting more food, because they bought and cooked far more than their family could eat.

People who love to cook and eat adventurously (like all of us here at *EatingWell* and probably everyone holding this magazine right now) may also waste more, new research has shown. Trying exotic recipes is fun, but it can also mean picking up ingredients you may never use again and ultimately throw away. Chervil. Anchovy

paste. Jicama. Does that mean we should change our foodie ways? A thousand times no. Ligon says it just means being mindful and creative about cooking with those extras. (Like the Middle Eastern ingredients you have left over from the recipes in this issue. See page 110 for ideas on other ways to use them up!)

Ligon believes there's a fundamental sociological reason we waste more food today, as well: "Fifty years ago, most families had someone whose primary role was domestic tasks—planning the menu, purchasing food, cooking, putting away leftovers and possibly even gardening. And it was almost certainly a woman. She would have been trained since childhood to be good at these kind of things. But we don't have that anymore," Ligon's not waxing nostalgic. Her point is that because these tasks have become more egalitarian—which is wonderful—"now nobody has that high-level holistic understanding of the family's food usage, and so the possibility of getting it right becomes very unlikely."

Emotions Rule

As big of an issue as overbuying is, the food-waste problem goes even deeper into our psyche—into emotional territory. And often, the feelings it evokes are very negative. "I'll get a whole bunch of produce and it will go bad in the refrigerator," says Collins. "That's the most upsetting for me. I feel bad that I've wasted healthy food and probably eaten unhealthy stuff, instead." Adds Jen Coyle, a mother and public health educator from Boston: "I have a lot of conflicting emotions and end up feeling awful no matter what: either I waste the food, or I risk maybe making someone sick by serving it."

Negative emotions like Collins's and Coyle's play a surprising role in how much food we waste, according to Sally Russell, Ph.D., a researcher and associate professor of business and sustainability at the University of Leeds in England. She studies what motivates people to change their behavior, especially with regard to the environment and food waste. Most psychological research uses a framework called "the theory of planned behavior"—which posits that every action is the result of rational, thoughtful intentions. If you buy a bunch of bananas and intend to eat them, for example, then you will eat every last banana, no matter how brown or flaccid.

But humans aren't robots, and that's not how we function in the real world. Russell discovered that emotions—sometimes wild, always salient—were conspicuously absent from this model, and no one had looked to see if your feelings could determine whether or not you waste those bananas. She began working with the supermarket giant Asda—the United Kingdom's version of Walmart—and last year published results from four online surveys that asked 170 customers questions about how often they wasted certain foods, what specific emotions they felt

in that moment, and whether they wanted to reduce their food waste.

What Russell found was both fascinating and totally counterintuitive: people who reported negative feelings, such as guilt, tied to throwing away food intended to waste less, but actually tossed *more* food than those who didn't feel as bad about it. And the stronger those negative feelings were, the more food they wasted. Our underlying emotions appear to muddy the waters of rational choice. Why? "One of the ways we cope with a negative emotion is to do something to immediately get rid of it, rather than let it change our decision or behavior," Russell explains. In other words, just chuck that brown banana—make it disappear and be done with the mental struggle and uncomfortable feelings, rather than take the time to freeze it for a smoothie, or even put it in the fridge to postpone those

negative emotions until later, when the banana has become completely inedible and the decision is easier. "That's why interventions that make people feel bad about food waste aren't effective—because they have the opposite outcome," says Russell.

The Food Label Factor

Best by, sell by, use by—almost every packaged food has a date stamped on the label, often preceded by one of these phrases. What many people don't know is that none of these terms is regulated or standardized by the federal government. (Infant formula is the one and only exception.) Typically, these dates simply indicate how long the manufacturer estimates the product will remain at top quality. But many customers see them as markers of food safety, or are confused about what they mean. (See "Label Date Terms, Decoded" on page 103.)

As a result, studies show that people tend to toss food as soon as it approaches or passes the date on the label. "They're throwing it out because they're worried it's not good anymore, and could accidentally make them sick," says Gunders. "And often that's not the case." In fact, confusion over date labels leads 80 percent of Americans to prematurely discard safe, edible food.

Case in point: Norbert Wilson, Ph.D., an agricultural economist at the Friedman School of Nutrition Science and Policy at Tufts University, conducted an experiment where 200 men and women were shown three products—cereal, salad greens and yogurt—with a variety of terms in front of the expiration date: "use by," "best by," "sell by" and "fresh by." Participants were then asked how much they'd be willing to pay for the products, and what percentage of them they

EAT IT OR TOSS IT?

MAJORLY FREEZER- BURNED PEAS

EAT IT!

THEY MAY NOT
LOOK PRETTY,
BUT OUR EXPERTS
SAY THEY'RE
PERFECTLY SAFE
TO EAT. TO MAKE
THE FREEZER-BURN
LESS DETECTABLE,
TOSS THEM INTO
CASSEROLES,
RISOTTOS OR
FRIED RICE.



thought they would consume. (This was a clever way to determine how much food they expected to waste before they even brought the items home.) "It was really interesting to me that there was a realization on the part of the consumer that they were probably not going to consume all of this food. Some portion of it they were going to throw away," says Wilson. They accept that waste at the point of purchase. Overall, consumers predicted they'd toss more of the foods labeled "use by" compared to those with other phrases, like "best by"—likely because they believed the items wouldn't be safe close to or after that date. Indeed, the percentage they estimated wasting was highest among foods with the shortest shelf life—the salad greens and yogurt—and lowest for cereal. However, for *quality*-related terms, like "fresh by," participants predicted tossing more of the cereal (which could go stale) than the other items. "It tells me that the date label means something powerful," says Wilson.

Both the government and food industry

have moved toward winnowing the more than dozen label date terms used now down to just two—"best if used by," indicating peak quality, and "use by," for highly perishable products that may pose a safety concern if eaten past that date. Manufacturers were asked to adopt the new wording by this past summer, but it's entirely voluntary. And Wilson points out there needs to be a strong public education campaign around the change, or consumer confusion will continue.

A Future with Less Waste

Provisioning a house with food to power a family is a demanding, unremitting task for a time-poor American. Juggling work, commutes, kids with intricate sports schedules—and a whole host of psychological factors—predisposes us to waste food. To fix the problem, we'll need to become more adept at shopping, prepping, storing and consuming—as well as dealing with food-related emotions and the push-pull of competing values. It's an uphill battle.

But what can be achieved is great: research shows that if every household in the country curbed their food waste by even a modest 25 percent, it would reduce greenhouse gas emissions by more than 7 million tons a year—equivalent to taking 1.5 million cars off the road. And then there's the annual family savings.

I'm trying to be one of those households. Mornings are still a messy dance, and the dog still laps up dropped oats and cereal (which I guess means it's technically not wasted). But now I hand out smaller breakfast portions, pack what I can in containers for later and put them front and center in the fridge, so they won't be forgotten. I try to shop smarter, and more often, too. It's not perfect, but less wasteful than before—a small but meaningful dent in that 40 percent.

RACHAEL MOELLER GORMAN
is a health and science journalist whose articles for EatingWell have won four James Beard awards.

EAT IT OR TOSS IT?

SPROUTED POTATO

EAT IT!

BUT DISCARD THE SPROUTS AND ANY GREEN PARTS, WHICH CONTAIN SOLANINE—A TOXIC SUBSTANCE THAT COULD CAUSE SEVERE GASTROINTESTINAL ISSUES. (TO PREVENT SPROUTING, STORE YOUR SPUDS IN A DARK, DRY PLACE.)



10 WAYS TO REDUCE YOUR FOOD WASTE

A study examining whether people could change their behavior and reduce how much food they wasted found that providing a flood of information—Use veggie scraps to make stock! Preserve produce before it goes bad!—wasn't helpful. **What was:** targeted, personalized recommendations based on people's biggest sticking points. Take a look at the scenarios that follow, see which resonate most with you, and use the advice to help reduce your food-waste footprint.

1 If you don't think you waste a lot of food—or don't have a feel for how much you toss. Most people don't. (Remember that 75 percent stat?) Roni Neff, Ph.D., a researcher at the Johns Hopkins Center for a Livable Future, recommends nonjudgmentally jotting down all the food you throw away for a few days—to get a sense of what and why you waste, from the food your kid flings on the floor to the leftovers left too long in the fridge. Then you can address those specific issues one by one. Oh, and when you *do* have to toss something (realistically, some amount of waste is almost inevitable), don't feel guilty. *Seriously.* Feeling bad about it, as the research shows, will likely make the problem worse. Better to focus on *why* the waste happened and what positive changes you can make going forward.

2 If you tend to do one big grocery run and overbuy ingredients. Shop for dinner (the meal that most often gets scrapped) several times a week. This was Ligon's No. 1 tip for preventing overbuying in general. To make it easier, try ordering ingredients online from grocers with same-day delivery or a super-market that offers drive-thru pickup—or swing in yourself on the way home. (It might sound like a hassle, but when you're only grabbing a handful of items you'll be in and out in minutes.) Or keep a cooler in your car and shop during your lunch break.

3 If you love trying new recipes. Stick to a specific type of cuisine—Thai, Mexican, Indian—for several meals a week, since

they tend to use the same ingredients. For recipes that call for a small amount of meat, cheese or produce, check the grocery store salad bar. (Why buy a block of feta if you only need 2 tablespoons? Or a whole head of romaine if you only need a handful?) Get creative, too, like those mystery-basket chefs do on TV. And plan for a clean-out-the-fridge stir-fry, soup or pasta at the end of the week to use whatever odds and ends you have left.

4 If you often forget leftovers in the fridge. Pack them in single-serving containers for lunches the night you make the meal or bring it home from a restaurant. If you freeze them, be sure to label and date the leftovers and put them on your list of planned meals for the week—so the freezer doesn't just act as a food-waste halfway house.

5 If you frequently succumb to bargains (hello BOGO). Make a pact with yourself to only go for a sale item if it's nonperishable, like pasta or cereal, and something you would normally buy anyway. For things like meat or produce, if you have a specific meal in mind for it, fine—but if not, keep walking.

6 If you are a "good provider" who wants people to feel well-fed, but then make too much food. Freeze the leftovers right away in individual lunch-size portions so they don't have time to go bad in the fridge. For dinner parties, send guests home with the extras. Also

handy: a portion planner (like the one at savethefood.com/guestimator) can help you more accurately figure out how much food to make.

7 If you chuck foods because you can't remember when you put them in the fridge or freezer. Get into the habit of labeling. *Everything.* Keep a Sharpie and roll of masking tape right next to the SubZero and jot the date you made that big batch of chili, when you opened that carton of stock or when you put those shrimp in the deep freeze. Also, org your fridge with the newest stuff in the back and the oldest in the front where you can see it.

8 If your kids don't eat all their food. Be realistic, not blindly optimistic—and give them smaller portions. They can always have seconds. Or take less yourself, knowing you may be nibbling whatever they leave behind.

9 If you often buy things on the fly. Meal-plan carefully (use the shopping lists and tools at eatingwell.com) and try not to deviate from the items on your list. "Be practical about whether you are going to have the opportunity to use it that week," says food-waste expert Dana Gunders. Research shows that shoppers who stick to their grocery lists are less susceptible to impulse buys, spend less on groceries and—you guessed it—don't waste as much.

10 If shopping at bulk stores makes you load up. Be strategic. Stuff that can stick around a long time (boxed broth, kosher salt, steel-cut oatmeal) gets a green light, but that giant sack of grapefruit? Maybe not. Or try splitting purchases with another family. 🍷

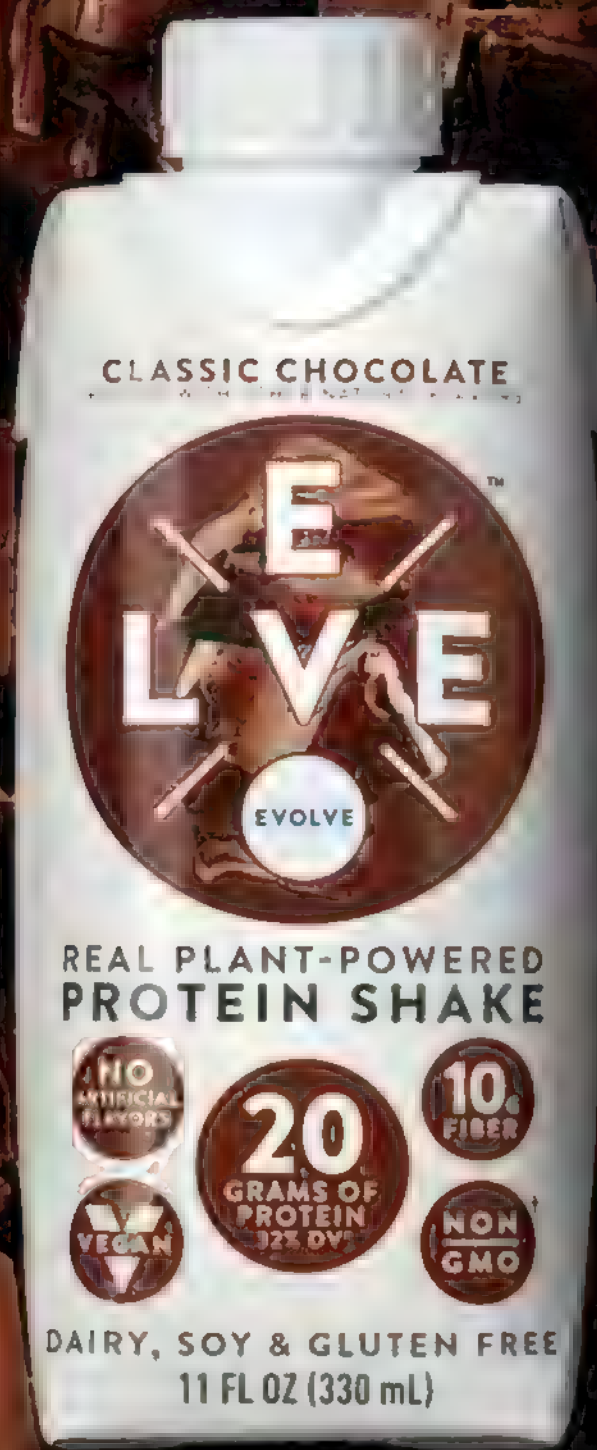
EAT IT OR TOSS IT?

ONION WITH A BROWN LAYER INSIDE

TOSS IT!

THERE ARE SEVERAL BACTERIAL PATHOGENS, INCLUDING *SALMONELLA*, THAT CAN CAUSE DECAY LIKE THIS. THEY ENTER THROUGH THE "NECK" OF THE ONION WHERE THE GREEN SHOOTS COME OUT. THE PROS WE CONSULTED WOULDN'T RISK EATING IT FRESH, BUT IT'S IF WELL-COOKED, REMOVING THE ROTTEN LAYER AND A FEW ADJACENT ONES SHOULD BE OK.





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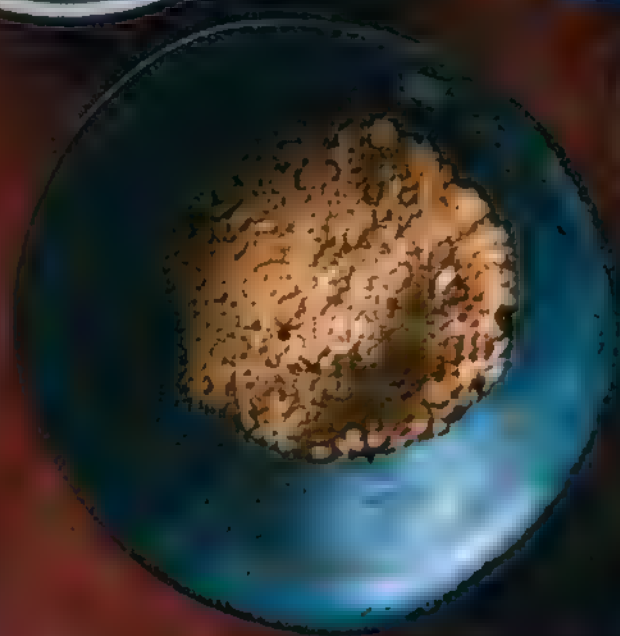
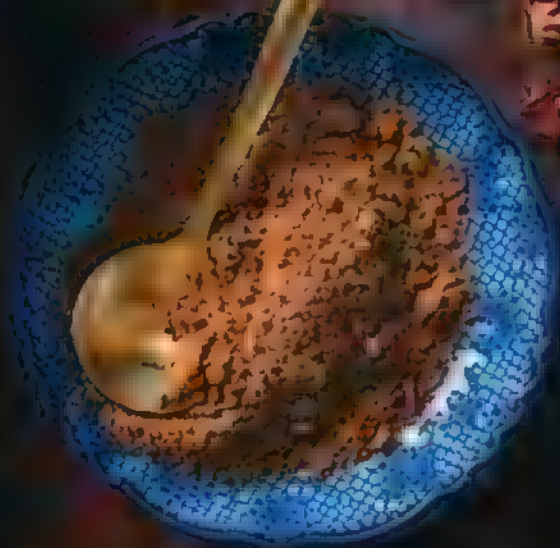


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SMARTS FROM OUR TEST KITCHEN

morsels



The Daily Grind

To make Lior Lev Sercarz's Baharat Blend, combine:
2½ Tbsp. allspice berries, toasted and ground
2 Tbsp. ground ginger
2 Tbsp. ground cinnamon, preferably Vietnamese
2 Tbsp. rosebuds, ground
1 tsp. black peppercorns, ground
1 tsp. caraway seeds, toasted and ground

"When you walk into a spice shop in the Middle East and ask for baharat, they say, 'For what?'" says Lior Lev Sercarz, an Israeli-born chef and owner of La Boîte, a spice emporium in New York City. "It's like a curry—there are so many different varieties." The popular spice blend's flavor can range from sweet to floral to spicy. Sercarz sells his own mix, ideal for meat and fish (laboiteny.com; \$15 for 1.75 oz.). To toss together a baharat yourself, try this blend (left) he created to go with the Pumpkin Kibbeh recipe on page 83.

Middle Eastern Ingredients

Pick up these specialty items from well-stocked supermarkets, natural-foods stores, Middle Eastern or Asian markets and from persianbasket.com. Plus, learn other ways to use them.



1 Carob Molasses (p.84)

Dark and viscous like regular molasses, carob molasses has coffee and cocoa undertones. **Use it up:** Mix with an equal amount of tahini for a PB&J-like dip; swap for regular molasses.

2 Dried Barberries (p.94)

These berries have a lemony, sweet-sour tang. **Use it up:** Swap for currants or dried sour cherries.

3 Aleppo Pepper (p.69)

Named for the city in northern Syria, these dried chile flakes lend bright fruitiness and gentle heat. **Use it up:** Sprinkle on roast vegetables, meats or even fresh fruit or your avocado toast.

• **Sumac** (p.83) The ground tart red berries of the Mediterranean sumac bush add fruity, sour flavor. **Use it up:** Garnish hummus or baba ghanoush; add to a tomato and cucumber salad.

• **Bulgur** (p.72, 83) This quick-cooking whole grain is made by parboiling, drying and grinding or cracking wheat berries. It can be fine or coarse—you'll need the fine grind for the recipes in this issue. **Use it up:** Make tabbouleh or use it as your grain-bowl base.

• **Saffron** (p.69, 94) These crimson-colored threads are the delicate stigmas of the saffron crocus flower. They lend a vivid golden hue and

rich floral flavor. About 90 percent of saffron comes from Iran. **Use it up:** Add to risotto, rice pudding or paella.

• **Cracked Freekeh** (p.82) Made from young green wheat that's been roasted and cracked, this whole grain has a toasty, nutty flavor. **Use it up:** Use it like you would rice for fried freekeh instead.

• **Za'atar Leaves** (p.72) A wild herb from the same family as thyme and oregano, za'atar (not to be confused with the popular Mediterranean spice blend za'atar, which sometimes includes this herb) has thin, pointy leaves like rosemary and a lemony, peppery flavor. **Use it up:** Swap for

thyme, oregano, marjoram or rosemary; sprinkle on grilled vegetables, meat or seafood.

• **Pomegranate Molasses** (p.74, 82) Made from reduced tart pomegranate juice, this dark red syrup adds sweetness and acidity. **Use it up:** Glaze roast meat; stir into tea; drizzle over roasted vegetables; make muhammara.

• **Tamarind** (p.91) The sticky, candy-sour pulp found inside the pods from the tamarind tree is used to make a concentrated paste (with or without seeds) that's common to dishes from across southern Asia. **Use it up:** Make pad thai; stir into sautéed vegetables or salad dressing.

• **Fenugreek** (p.69, 91) Both the leaves (fresh or dried) and their mustard-colored seeds (whole or ground) have a complex flavor that's a little nutty and almost maple-y. **Use it up:** Ground seeds can be used in curry powders, teas, rubs or as a seasoning for cooked vegetables. Add fresh leaves to salads, sauces and curries.

• **Baharat** (p.83) Find out more about baharat on page 109. **Use it up:** Mix into ground lamb for burgers; sprinkle over tzatziki.

• **Dried Sour Cherries** (p.74, 94) Also known as dried tart cherries, they have a lip-puckering flavor. **Use it up:** Stir into granola or oatmeal.



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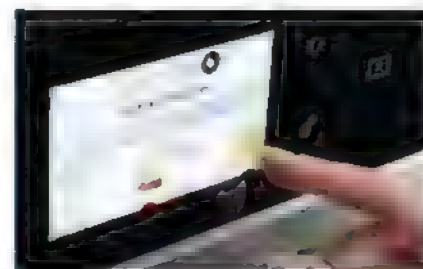
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Convection Perfection

The convection microwave is a magical combo that lets you do regular microwave tasks like make popcorn, but you can also turn on the convection setting to roast a chicken with—*gasp*—crispy, golden skin. (We cooked a 5-pound bird in each of our picks in under an hour. Like convection ovens, they cook quickly!) Magic like this does come at a price: \$450 and up. But for cooks with limited kitchen space who appreciate double-duty appliances, the investment is worth it. Here are some perks to look for when you shop.



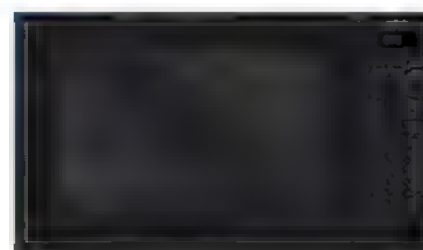
WI-FI CONNECTIVITY

Whirlpool's Over the Range 1.9 cu. ft. Capacity Microwave Oven is Wi-Fi enabled and features voice control through Google Home and Amazon Alexa. It also has scan-to-cook technology: swipe a frozen food barcode (say, on an *EatingWell* frozen meal) with your smartphone to send cooking instructions right to your microwave. (\$639, whirlpool.com)



BROILING BONUS

Samsung's CounterTop Convection Microwave with Power Convection & PowerGrill Duo has a special "grilling" element that sets it apart from the rest. It won't give you the same smoky flavor as a grill, but a whole snapper came out perfectly flaky with crisp skin in our test. The setting works similar to a built-in broiler. (\$473, samsung.com)



WARMING MODE

A 90-minute keep-warm setting that turns your convection microwave into a warming drawer? An intelligent mode that automatically adjusts cooking time based on moisture and humidity levels? It's all in Wolf's MC24 Convection Microwave. Plus, it delivered the crispiest chicken of them all. (\$1,025, subzero-wolf.com)



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HUNGER ACTION MONTH



Our Favorite GF Pastas

Trust us, some gluten-free pastas are far tastier than others. We wolfed down 31 varieties and boiled them down to the 5 delicious winners below. But first, some shopping pointers:

Find Fiber

Gluten-free pastas tend to have less fiber than their whole-wheat counterparts (which come in at around 5 grams per serving). Still, we found plenty with a healthy dose—particularly pastas made with legumes, so do a little label sleuthing. We recommend GF pastas with at least 3 grams of fiber.

Appreciate Protein

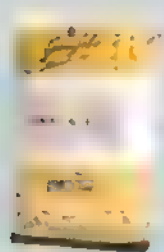
We know: pasta isn't exactly one of those foods you think of as protein-rich. But traditional pastas actually have around 7 grams. If you're looking for a GF pasta with a protein punch, go for bean- or pulse-based varieties—like our mung bean pick, which has nearly double the protein of whole-wheat pasta.

Watch Portion Sizes

Pasta is easy to overindulge in. And GF pasta has just as many calories as whole-wheat pasta—around 200 calories per serving (about 1 cup cooked). Also note that while the vast majority of brands use 2 oz. servings (the standard for regular pasta), a few used 3 or 3½ oz., which makes the protein and fiber look higher than they are.

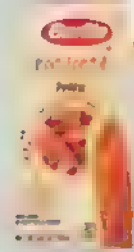
NUMBERS
TO LOOK FOR
2 oz. serving size
(about 1 cup cooked)

Fiber: ≥3g
Protein: ≥4g



Garofalo Corn, Rice and Quinoa Penne Rigate

The perfect al dente bite and bounce. Our digital food editor, Devon O'Brien, who has celiac disease, dove in for seconds!



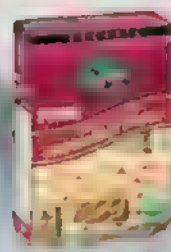
Barilla Red Lentil Penne

Hearty texture and a mild lentil taste make this pick ideal to pair with bold flavors like roasted red peppers, sun-dried tomatoes or olives.



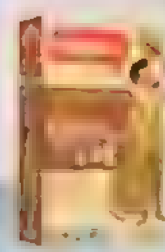
Explore Organic Mung Bean Rotini

The bean-forward flavor packs an impressive 13 grams of protein per serving! (Tasters liked the brand's red lentil and brown rice varieties too.)



Lundberg Organic Brown Rice Penne Pasta

Getting enough whole grains on a GF diet can be a challenge. Enter this noodle: 100% whole-grain deliciousness!



Tolerant Organic Chickpea Pasta

This thin-walled penne has a fresh—not overwhelming—chickpea flavor. Plus, 7 grams of fiber per serving.





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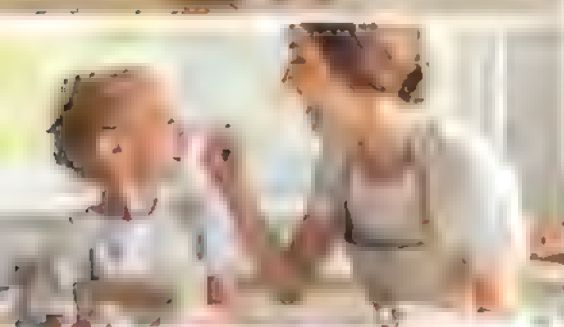
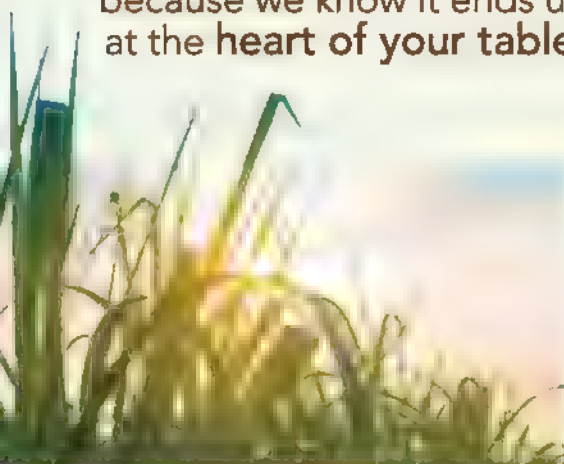
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MORSELS in action



HOW TO
SHAPE
KIBBEH
RECIPE ON
PAGE 83

- 1 With wet hands, shape 2 Tbsp. of dough into a ball.
- 2 Place the ball in your hand. Press into the center of the dough with your thumb to make it a bowl.
- 3 Put about 1 tsp. stuffing in the middle; close the dough over it.
- 4 Shape the kibbeh into a football shape, smoothing with wet fingers.



HOW TO
ASSEMBLE
BOREK
RECIPE ON
PAGE 72

- 1 Place a sheet of phyllo on a dry surface, long edge toward you. Brush with oil-vinegar mixture; lay another sheet on top.
- 2 Spread 1/2 cup lamb mixture along the edge closest to you. Leave a 1-inch border on bottom and sides.
- 3 Roll up away from you, being careful not to roll too tightly. Brush with oil-vinegar mixture.
- 4 Roll into a coil; tuck loose end underneath. Brush with oil-vinegar mixture.

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ASK BREANA

"How long do spices last?"

One hundred and twelve. That's the number of herbs, spices and spice blends I counted in the *EatingWell* Test Kitchen today (and I might have missed a few!). Of course, with recipe developers and testers cooking here five days a week, seasonings get a lot of use. But not every spice goes quickly. In fact, we have several—like limon Omani and Maras pepper—that are relegated to our aptly named "rarely used spices" shelf. (Yes, that's a thing here.) And when one gets dusted off, we often don't have time to stand around wondering if it's OK to use.

It's not that spices go bad, *per se*, but they do lose color, aroma and flavor over time. And who wants the dish they've been slaving over all day to taste flat—due to dull spices? If you remember one thing, remember this: the enemies of your dried herbs and spices are the elements—oxygen, heat, moisture and sunlight (*see right*).

My philosophy on the best way to enjoy spices at their peak? Cook with them as often as possible!

BREANA KILLEEN, M.P.H., R.D., is our Test Kitchen manager.



||||| SPICE-RACK RULES |||||

- Never keep spices in the freezer. The cold, moist environment can cause condensation in the bottle and degrade the flavor.
- Don't dip into spice jars with wet measuring spoons—be sure they're dry to avoid introducing moisture.
- Keep your spices in a cool, dark cabinet away from windows and, ahem, not above your stove.
- Label your spices with a Sharpie on the date you first open them, to keep track of their age.
- Ground spices are best used within one year. Whole spices (like cardamom pods) can last up to two years. Any unopened jars will stay flavorful for up to three years.
- Don't know how long a spice has been in your cabinet? Give it a big sniff. Does the aroma waft out of the container or do you find yourself searching for an odor? If there's only a faint smell, compost it.
- For the freshest spices, be realistic: resist the box-store garlic powder purchase and buy only what you think you'll use in a year. 🍷

etcetera

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recipe index

BREAKFAST

	45 MIN OR LESS	CALORIES	CARBS (g)	ADDED SUGARS (g)	PROTEIN (g)	FIBER (g)	SODIUM (mg)	POTASSIUM (mg)	GLUTEN-FREE	HEART-HEALTHY	LOW-CAL	VEGAN	VEGETARIAN	DAILY VALUE (20%+)	VITAMIN C (%)	VITAMIN B12 (%)	VITAMIN A (%)	IRON (%)	FOLATE (%)	CALCIUM (%)
26 Chocolate-Banana Protein Smoothie	●	310	64	4	15	9	57	939	●	●	●		●	27	21					
36 Savory Oatmeal with Cheddar, Collards & Eggs	●	436	35	0	21	8	763	456	●		●		●	47	41		105			54
99 Herbed Yogurt-Rice Soup		186	24	0	9	2	486	365	●		●		●	24			24			
40 Roasted Squash & Apples with Dried Cherries & Pepitas	●	220	29	5	3	4	238	526	●	●		●	●							27
MEZZE																				
VEGETARIAN:																				
83 Chard Stalks in Tarator (<i>Dlou' Selee' Mtaballeh</i>)	●	48	4	0	2	1	182	313	●	●	●	●	●				94			42
87 Chickpeas with Garlicky Yogurt & Toasted Pita (<i>Fatteh Hommos</i>)		202	23	0	9	5	299	342					●							
96 Cucumber & Pomegranate Salad (<i>Salad-e Khiar-o Anar</i>)	●	162	11	0	4	3	378	311	●		●		●							20
72 Cucumber with Basil, Yogurt, Walnuts & Browned Butter (<i>Yanik Tereyağlı Cacik</i>)		180	6	0	9	1	162	222	●		●		●							
74 Eggplant with Sweet-Sour Onions & Pickled Cherries (<i>Vişneli Patlıcan Bayildi</i>)		202	15	0	2	4	113	327	●	●		●	●							
82 Freekeh with Grilled Vegetables (<i>Frikeh bel Khodra</i>)		249	35	0	7	8	354	435				●	●				66			40
87 Greens with Crispy Onions (<i>Hendbeh b' Zeit</i>)	●	96	7	0	2	3	300	573	●		●	●	●				119			38
74 Olive Oil-Braised Jewish Zucchini Peels (<i>Kashkarikas</i>)		206	8	1	2	2	313	356	●			●	●							41
83 Pumpkin Kibbeh (<i>Kebbet Laa'tin</i>)		168	19	0	3	4	260	325			●	●	●				116			35
82 Stewed Okra (<i>Yakhnet Bemyieh</i>)		153	16	0	3	4	211	513	●	●	●	●	●				29			55
93 Yogurt with Beets (<i>Borani Chogondar</i>)		40	2	0	2	0	86	56	●	●			●							
MEAT:																				
69 Circassian Chicken (<i>Çerkez Tavuğu</i>)		190	3	0	16	1	178	217	●		●									
93 Grilled Liver Kebabs (<i>Jigar</i>)		236	25	1	16	5	445	213			●			33	28	281	851			
72 Lamb & Walnut Gul Börek		410	28	0	16	3	378	390												27
72 Tomato Dolma with Roasted Eggplant (<i>Köz Patlıcanlı Domates Dolması</i>)		131	10	0	9	3	276	524			●						24			34
CHICKEN																				
95 Chicken Stew with Green Herbs & Citrus (<i>Morgh-e Torsh</i>)		418	20	0	37	7	685	988	●		●			35	32	136				89
18 Chicken with Ginger-Pear-Cider Pan Sauce		288	8	0	25	1	365	303			●									
18 Chicken with Lemon-Caper Pan Sauce		279	7	0	25	1	417	306			●									
19 Chicken with Mushroom-Sherry Pan Sauce		286	5	0	25	1	394	313			●									
19 Chicken with Tomato-Balsamic Pan Sauce		294	10	0	25	1	371	363			●									
94 Persian Rice Pie (<i>Tah Chin</i>)		430	33	0	25	2	506	298	●											
26 Spaghetti Squash Peanut "Noodles" with Chicken & Bok Choy	●	402	27	2	29	6	711	601	●		●						114			102
28 Thai Yellow Chicken Curry	●	644	54	0	27	5	815	619	●								34			96
PORK																				
32 Green Eggs & Ham Soup	●	266	14	0	22	5	671	818	●		●			55	26	128				208
13 Ham, Gruyère & Apple Galettes		441	51	1	9	2	487	148												
16 Slow-Cooker Pork Tinga & Turnip Tacos		535	32	0	31	7	778	635	●		●			22						31
FISH																				
14 Ginger-Molasses Roasted Salmon & Broccoli	●	323	17	7	34	2	603	1,044	●		●						44	100		176
91 Oven-Roasted Fish with Onion, Lemon, Fenugreek & Cilantro (<i>Mahi-e Shekam Por</i>)		317	13	0	24	2	475	659	●		●						81			34
24 Pan Bagnat		266	23	0	13	3	600	158			●									
DESSERTS & SNACKS																				
84 Carob Molasses Cake (<i>Sfouf b' Debs</i>)		243	27	15	2	2	136	321		●		●	●							
38 Miso Apple Bars		245	36	12	4	4	161	127					●							
34 Pumpkin-Oat Mini Muffins	●	82	13	8	1	1	66	64	●	●	●		●				32			

For more information about our nutritional analyses: eatingwell.com/go/guidelines

PHOTO ERIC WOLFINGER



"I think everybody at some point should take a step back and say, 'How can I use my talents to make the world better?'" says Suzy DeYoung, standing in front of La Soupe's Soupe Mobile.

The Soup Queen of Cincinnati

Suzy DeYoung is turning food waste into meals for hungry kids

THE SITUATION

After operating a catering business in her home city of Cincinnati for 25 years, Suzy DeYoung craved a change. And in 2014, two statistics in the news gave her food for thought: 40 percent of America's food was going to waste and 42 percent of Cincinnatians were food-insecure. "If I could just take 20 percent from one column and shift it to the other," DeYoung pondered, "it would be so much better for everybody!" That year, DeYoung sold her business and started La Soupe: a nonprofit that transforms food destined for the dumpster into soup for the hungry. But one event crystallized her mission.

WHAT SHE DID

One November Friday, Cincinnati's Oyler School had an unexpected snow day. Kids who typically received food to take home for the weekend didn't. The next Monday, DeYoung saw a teacher's Facebook post saying that some of her students hadn't eaten for three days because of the closure. DeYoung said, "B.S. I've got food!" So she brought some food to the school. The principal took note of the healthy options and asked if La Soupe could take over and make the students' weekend meal boxes. For DeYoung, the answer was clear: "That's why I'm doing this: to utilize perfectly good food that was going to waste and get it to people in need."

WHY IT'S COOL

Today, La Soupe feeds 2,000 Cincinnatians weekly and during the school year kids get a weekend "Souper Sack" filled with homemade soup, fresh fruit, protein-snack bags with nuts and cheese, and applesauce or smoothie. To date, DeYoung along with a staff of 13 and 100-plus volunteers have saved 263,000 tons of food waste—enough to fill a football stadium, twice! La Soupe also hosts kids' cooking classes, delivers free soups to city food deserts in its Soupe Mobile and sells soup from its Soupe Shack. "We're not diverting food waste," DeYoung says. "We're creating with it. The reason it was grown? To be eaten!"

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